Now that's wild!

Kangaroos in Australia, pandas in China — why go zoo when you can go natural habitat? PAGE 28

SO YOU WANNA BE A YOUTUBER

THIS ENTERTAINER HAS HIT 100K SUBSCRIBERS AND YOU CAN TOO — JUST DON'T MIND THE HATERS PAGE 22

VANCOUVER metro®

Wednesday, November 14, 2012

News worth sharing.

metronews.ca | twitter.com/vancouvermetro | facebook.com/vancouvermetro

Mountie killed in crash

Surrey. Constable from family with deep RCMP ties joined force in 2009

The Surrey Mountie killed when his unmarked cruiser collided with a transport truck early Tuesday will be remembered as an "outstanding" officer with a family history of RCMP service.

Const. Adrian Oliver, 28, was on duty and returning to the Surrey RCMP detachment when the crash occurred at 148th Street and 64th Avenue around 5 a.m.

Despite emergency responders' efforts to remove him from the wreckage and rush him to hospital, he passed away.

"He was an outstanding police officer, with a great attitude and commitment to serve others," Chief Supt. Bill Fordy said in a statement.

The investigation into his death is ongoing as a team works to reconstruct the collision, Fordy said.

Oliver's family has extensive ties to the RCMP. His father serves in Ottawa and his brother serves in the Lower Mainland.

Oliver joined the RCMP in 2009 and was based at the Surrey division for his three and a half years of service.

Before he started police work, Oliver pursued a modelling career along with his twin brother. He travelled to Dubai, L.A., New York and Athens, according to his Facebook page. The brothers attended high school in Ottawa.

The RCMP and the federal government expressed condolences to Oliver's family, including his parents and two brothers, colleagues and friends.

"This is a very sad day for all Canadians," said Vic Toews, minister of public safety. "The death of a police officer in the line of duty reminds us of the devotion and sacrifice of those who serve each day to keep us safe." **EMILY JACKSON/METRO**

The wreckage after the cruiser of Const. Adrian Oliver, inset, collided with a transport truck in Surrey. CURTIS KREKLAU/FOR METRO, INSET: CONTRIBUTED/RCMP

Diabetes a 24-hour-a-day job for Dix

NDP leader works diligently to keep disease under control while fulfilling his duties PAGE 4

RBC Royal Bank

It's time for a better savings account.

RBC High Interest eSavings® account

- Earn interest on every dollar. Every. Last. Loonie.
- Access your savings instantly*, with no delays.

rbc.com/savehigh

Advice you can bank on™

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. * For more information please visit rbc.com/savehigh.

Share the warmth of the holidays, literally.*

BUY ONE HOLIDAY DRINK, GET ONE TO SHARE, ON US.
NOV. 15–18 • 2–5 PM

© 2012 Starbucks Coffee Company. All rights reserved.
Free beverage must be of equal or lesser value. At participating stores. While supplies last. Cannot be combined with other offers or discounts.

Like StarbucksCanada
Follow @StarbucksCanada

Social attitudes

Fighting the culture of bullying

"Pay attention. Get involved. Never, ever look away."

These are the three things renowned author and anti-bullying expert Barbara Coloroso told summit participants on Tuesday about how society can break the cycle of bullying.

Coloroso, a former nun and educator, said we need to raise a generation "who are not swimming in a culture of mean" and who stand up to injustice.

Barbara Coloroso
CONTRIBUTED

"When you take 'you' out of (bullying), that trap of comradeship begins to break down … when (that happens) and swings in the other direction, we are beginning to create a deeply caring community," she said.

Theresa Campbell, a lead ERASE Bullying trainer, called on people to be more mindful and to start calling violent behaviours for what they are.

"There has been a blatant under-reaction to behaviours in our schools because everything's being lumped into bullying," she said. She cited a case in which elementary students escalated from name-calling to bashing a classmate's head against a wall outside the school.

"The response by the school community was 'It's just bullying,'" she said. "That's BS. It's assault, folks. It's a Criminal Code offence."

Campbell also said teachers should create a more inclusive environment where students feel comfortable reaching out to them if they are being bullied.

PHYLICIA TORREVILLAS/METRO

Premier Christy Clark addresses an anti-bullying forum on Tuesday at the Morris J. Wosk Centre for Dialogue on West Hastings. PHYLICIA TORREVILLAS/METRO

B.C. unveils bully reporting website

ERASE Bullying. Defining principles of new initiative are 'Expect Respect and A Safe Education'

Quoted

"We lost Amanda, and it was a tragedy, but we should learn from that. She would want that from us." Premier Christy Clark on last month's suicide of Port Coquitlam teen Amanda Todd

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

B.C. students can now anonymously report any kind of bullying from the schoolyard or the hallway.

The province, which has been working on a 10-part ERASE Bullying strategy since June, unveiled a new website with a reporting tool Tuesday at a daylong forum on bullying in Vancouver.

"Bullying is not a rite of passage. Bullying does not build character for children," Premier Christy Clark told an audience of some 100 people. "Bullying has a perpetrator and a victim, and we need to deal with it that way."

The new website and online tool comes one month after the death of Port Coquitlam teenager Amanda Todd, who took her own life.

"We lost Amanda, and it was a tragedy, but we should learn from that. She would want that from us," Clark said.

Victims or witnesses of bullying can fill out a form and document what happened. They have the option of sending it anonymously or with their name.

Their report is then sent to a local safe-school co-ordinator, who will decide what actions to take, such as alerting administrators or calling in police, if necessary.

The initiative also includes tougher codes of conduct for schools and a five-year, multi-level training program for teachers and community partners.

Tuesday's forum began with personal stories from Jay Luty and Buffy Cornell, who described the impact of bullying on their lives.

Luty, a recent high-school graduate, said he felt alone and endured a lot of teasing, which led him to have suicidal thoughts. But he found refuge in music.

Cornell shared how she was made fun of in high school, and how a group of students would throw food at her and her sister during lunch. She got her self-confidence back by playing rugby.

LASIK MD VISION

LASIK NOW, PAY IN 2014!†

$0 $0 0% DOWN PAYMENTS INTEREST

LASIK MD doctors have performed over 750,000 procedures

LASIK and PRK starting at $490/eye* • FREE Consultation: 1-877-663-9888 • lasikmd.com

*Prices are subject to change without prior notice and vary based on prescription strength. Additional charges may apply. Other conditions and restrictions apply. †Offer applies to LASIK MD Card Services credit approval. Patients must reserve their procedure on or before January 20, 2013 and complete their surgery by February 28, 2013 in order to be eligible. Applicable to Custom LASIK on both eyes only. Cannot be combined with any other offer.

NDP Leader Adrian Dix waits for his flight to Victoria at the Vancouver Harbour Flight Centre Tuesday. The opposition leader works diligently to keep his blood sugar under control, despite a hectic schedule, after being diagnosed with Type 1 diabetes 20 years ago. MATT KIELTYKA/METRO

Battling diabetes a public affair for Dix

MATT KIELTYKA
matt.kieltyka@metronews.ca

Like a shot of espresso or a rush of adrenalin, standing in the legislature and holding a government to task is enough to bring any member of opposition bursting to life.

Question period is the political junkie's fix.

Except that, on occasion, NDP Leader Adrian Dix doesn't have the energy for it.

Not because Dix, hoping to become premier in next year's provincial election, doesn't relish the opportunity to get his licks in.

Not because he doesn't care passionately about the issues.

It's because of a disorder.

"The ironic part is that the worst part of the day for me, when it comes to my diabetes-management regimen, is early afternoon," Dix says. "I'm likely to have low blood sugar at that point."

He scoffs a little, lips forming a bemused smile.

"And, of course, that's when question period is. It's something I've been working on."

Making a good first impression — another requisite for a public figure — can be tricky, too.

"I get slight hand tremors, so when people meet me they wonder if I'm really nervous or something," the Vancouver–Kingsway MLA says.

Instead of letting awkward moments like these linger, Dix doesn't shy away from them.

"I have Type 1 diabetes."

Being open about it has allowed Dix to make arrangements and ensure his health is never compromised by a hectic public life.

"I'm probably the only MLA allowed anything other than water (in the legislature)," he says.

"I have the option of having juice come in when I need it. You have to make little arrangements like that."

If taking one of his four daily insulin injections requires him to step out of a meeting or make an anxious reporter wait for an interview, so be it.

"When I was first diagnosed, I was more reluctant to talk about it," Dix says. "But one of the things that changed fairly quickly was being reasonably public about having it. So people know what I need to do, that I need to sneak out to the bathroom, say, 'Hey guys, I need to take a break.'

"People are interested, actually, and supportive as well."

It's because of people like Dix that Type 1 diabetes is no longer called juvenile diabetes.

Twenty years ago to the month, Dix was a fit, healthy 28-year-old training to run the Seattle marathon when he started losing weight at an alarming rate, constantly needed to urinate and generally felt sick.

"I actually thought I had overtrained or something," he recalls.

"I went to the walk-in clinic and the symptoms I had quickly indicated the problem to the doctor. I took a blood test and my blood sugar was 36 (micromoles per litre) when it's supposed to be between four and seven."

Dix spent two days in the hospital as his blood sugar stabilized.

By the time he left, his world had "profoundly changed."

Still, he's lucky.

Already having a healthy lifestyle, good income and a strong support network made the daily grind of managing the chronic disease — through monitoring, exercise, diet and insulin injections — easier.

And he's had the discipline to stay on his regimen despite all the hours and travel that comes with being an MLA and party leader.

"I'm in pretty good control but you're certainly aware of it at times," says Dix. "There haven't been any specific incidents on the job. I've never collapsed or anything like that.

"But there's no question the facts are the facts: it reduces life expectancy and you have to deal with it every single day."

Not like that will stop him.

A year after being diagnosed and laid out in a hospital bed, Dix returned to the Seattle marathon and crossed the finish line.

Important date

14

Nov. 14 is World Diabetes Day, first commemorated as an official United Nation's World Health Day in 2007. The date marks the birthday of Sir Frederick Banting, a Canadian doctor who helped discover insulin. Dr. Charles Best worked with Sir Frederick Banting and also co-founded what is now the Canadian Diabetes Association.

Coping with the disorder

Top 10 ways to stay healthy while living with diabetes:

- Meet with diabetes educators to learn about diet, exercise and best practices.
- Use a blood glucose meter to monitor blood sugar.
- Have a yearly eye exam.
- Aim for an LDL cholesterol of 2 or less.
- Blood pressure should be less than 130/80.
- Keep an eye out for heart-related symptoms and have periodic EKG.
- Conduct a yearly urine albumin/creatinine ratio test.
- Inspect feet daily for ulceration, blisters inflammation and pus.
- Get an annual flu shot to avoid pneumonia.

From the doctor. An overview of diabetes

Diabetes is a disorder that can have complicated and deadly outcomes.

Dr. Ian Blumer of the Canadian Diabetes Association helped explain the disorder to Metro.

"It's basically when the body can't handle glucose and it accumulates in the blood," said Blumer.

"The body either can't produce insulin or the amount it produces isn't sufficient."

Type 1 diabetes, formerly known as juvenile-onset diabetes, occurs when the pancreas can't produce insulin, a hormone that regulates glucose in the body.

It requires insulin to either be pumped or injected into the body.

Type 2 diabetes — far more prevalent and considered to be preventable — occurs when the insulin being produced isn't sufficient enough or isn't working particularly well.

Often linked to obesity, poor diet and lifestyle, Type 2 diabetes used to be known as adult-onset diabetes.

Short-term symptoms include pain or numbness in the hands or feet, thirst, increased urination, blurred vision and fatigue.

Unchecked levels of glucose in the blood (high blood sugar) can cause long-term problems like blindness, kidney damage, erectile dysfunction, loss of limbs and stroke.

"The best way to describe excess glucose levels is as a toxin," said Blumer. "Too much in your blood, like any toxin, can cause very serious problems."

Diligent monitoring, a healthy diet and exercise can go a long way toward keeping the illness at bay.

Blumer has set up an online guide for people living with diabetes at ourdiabetes.com.

MATT KIELTYKA/METRO

A necessary daily ritual

B.C. NDP Leader Adrian Dix prepares his syringe and insulin before an injection on Tuesday. He injects four times a day, one daily shot in the morning and three fast-acting insulin shots during breakfast, lunch and dinner. CONTRIBUTED

Challenge. Chronic diseases the main threat to health-care system

NDP Leader Adrian Dix argues that chronic diseases like diabetes will be the No. 1 challenge on B.C.'s health-care system in the coming years.

According to a 2010 report from the Canadian Diabetes Association (CDA), approximately 338,000 people in British Columbia live with diabetes (more than 300,000 have Type 2).

That number is projected to skyrocket to 548,000 by 2020, a 62 per cent increase.

Out-of-pocket costs (currently $2,033 a year for someone with Type 2 diabetes) are expected to jump 41 per cent over the same time.

"Much more significant than an aging society on public health care is the prevalence of chronic disease," Dix says, who lives with Type 1 diabetes. "We're seeing it now in lots of different communities."

Dix says primary care needs to be greatly improved to keep people out of emergency rooms.

"If you have a heart attack associated with diabetes, you'll get instant care in a hospital," he says. "But you don't get treated for what causes the heart attack. It can be difficult to get that acute care."

MATT KIELTYKA/METRO

Online

For more local news go to metronews.ca

Whistler. Big Snow. Big Savings.

2-NIGHT/2-DAY
STAY & SKI PACKAGES

FROM $109* PER PERSON PER NIGHT

*Some conditions apply. Visit whistler.com for details.

Book now for a best price guarantee and
the largest selection of accommodation.

1.800.WHISTLER | **whistler.com**

WHISTLER
BRITISH COLUMBIA

TransLink cost. Cash fares, monthly passes go up Jan. 1

TransLink is raising cash fares by 10 per cent and monthly passes by 12.5 per cent on Jan. 1 in an effort to cover its ballooning funding gap.

The TransLink Act allows fares to rise by two per cent each year to cover inflationary costs, but there have been no increases since 2008.

All regular adult and concession cash fares will rise by $0.25, bringing the regular price for adults to $2.75 for one zone, $4 for two zones, and $5.50 for three zones.

Monthly FareCards will jump from $81 to $91 for one zone, $110 to $124 for two zones, and from $151 to $170 for three zones. Ten-packs of FareSaver tickets will stay the same price at $21 for one zone, $31.50 for two zones and $42 for three zones.

The transit authority had applied to raise fares by an average of 12.5 per cent across the board next year, but TransLink Commissioner Martin Crilly decided in April to cap increases at cash boxes at 10 per cent.

KATE WEBB/METRO

B.C. Rail sale

Whose conflict is it anyway?

B.C.'s conflict of interest commissioner has withdrawn from a potential investigation of Premier Christy Clark over the B.C. Rail sale because he may be in a conflict himself.

Commissioner Paul Fraser's son is an assistant-deputy minister with the provincial government, as well as a personal friend of the premier's. THE CANADIAN PRESS

Taser involved

Police IIO looks into man's death

The Independent Investigations Office (IIO) is looking into a Vancouver police officer's involvement in a man's suicide Tuesday morning.

Mounties tried to calm the man down and disarm him, and one officer Tasered him. He was taken to hospital with self-inflicted injuries, and did not survive, according to the IIO. KATE WEBB/METRO

Cities want federal cash to fix gridlock, 'crumbling' cities

Federation of Canadian Municipalities. Plan could be a tough sell in Ottawa, given the deficit

EMILY JACKSON
emily.jackson@metronews.ca

Mayor Gregor Robertson presents the Federation of Canadian Municipalities' plan to increase spending on infrastructure such as transit, wastewater plants and seismic upgrades. EMILY JACKSON/METRO

If Canadians want to say goodbye to gridlock, cities need the federal government to cough up an extra $2.5-billion a year.

Canada has the "once in a generation" chance to improve its "crumbling infrastructure," but cities can't afford the bill without more stable funding from Ottawa, according to the Federation of Canadian Municipalities' recommendations for Canada's long-term infrastructure plan.

The federal government already spends $3.25 billion on infrastructure annually, but that's not enough, the FCM announced at a press conference Tuesday.

Vancouver Mayor Gregor Robertson likened the current funding system, where cities apply and compete for funding, to a homeowner buying a lottery ticket to fix a leaking roof.

Every day infrastructure improvement is delayed, the aging system gets closer to collapse, Robertson said.

While traffic is a huge problem — it costs Canada an estimated $10-billion a year in lost productivity — Vancouver's wastewater treatment plants are falling behind and many buildings need seismic upgrades, the mayor said.

Part of the requested funds would go to a transportation fund, allocated partly based on transit ridership.

Provinces and municipalities would match the federal funding, FCM president Karen Leibovici said, as infrastructure is "essential," not a "nice-to-have."

The FCM recommends a 20-year federal plan so cities can budget for complex projects.

GET IN SHAPE
FOR THE HOLIDAYS
With parties and other joyous festivities to attend in the coming months, this can be your time to shine!
Look great for the holiday season by
VISITING ANY OF OUR 17 LOCATIONS TODAY!
8 day free workout pass
NAME:
GET STARTED TODAY WITH A FREE 8 DAY PASS!
17 LOCATIONS AND GROWING FAST
STEVE NASH FITNESS WORLD & SPORTS CLUB
VISIT SNCLUBS.COM
604.495.NASH

THE AMAZING iPhone 4S. NOW $0.

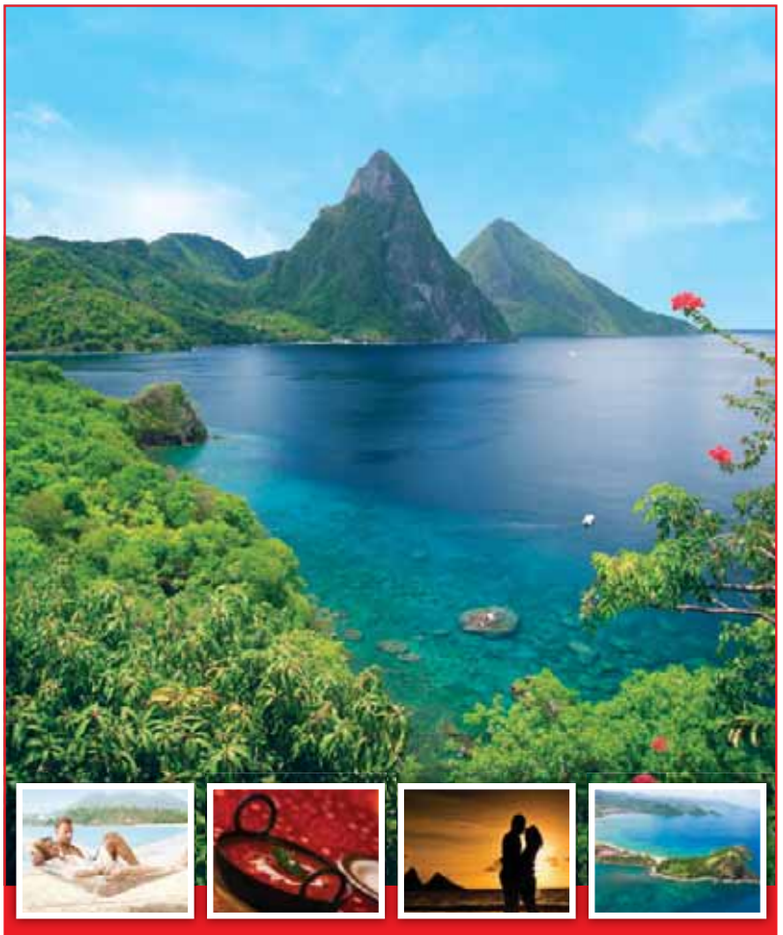
iPhone 4S

Get iPhone 4S today at any Virgin Mobile location, give us a shout at 1.855.BE.VM.VIP (1.855.238.6847) or visit us at virginmobile.ca.

Virgin mobile

IT'S BETTER TO BE A MEMBER

Limited time offer. One-time activation fee ($35) may apply to each line. Taxes extra. 911 monthly fees apply in NB (53¢), NS (43¢), PEI (50¢), SK (62¢) and QC (40¢). iPhone pricing available with new activation on a 3-year term or Virgin Mobile SuperTab™ with a Combo plan. Some phone models and colours may not be available at retailers. TM and © 2012 Apple Inc. All rights reserved. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under licence. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners.



Winter's almost here and it's time to come up with an escape plan.

YOU COULD WIN
a trip for two to escape to Saint Lucia!

There are 2 prizes available to be won and consist of:

- Airfare for 2 to Saint Lucia via Air Canada Vacations
- Seven-night all-inclusive stay at the Morgan Bay Beach Resort, an Elite Island Resort

To register and for full contest details
visit clubmetro.com
AIR CANADA VACATIONS

SAINT LUCIA
MORGAN BAY BEACH RESORT St. Lucia
VISIT clubmetro.com TO ENTER

Don't forget to like us on Facebook! facebook.com/clubmetrovancouver

Joel, who declined to give his last name, fills out a feedback form about the proposed Trans Mountain pipeline expansion on Tuesday night. KATE WEBB/METRO

Pipeline forum draws nearly 90 to PNE

Kinder Morgan.
Company sought input on pipeline expansion, but environmentalists were disappointed by format

KATE WEBB
kate.webb@metronews.ca

Nearly 90 concerned citizens came out to the Pacific National Exhibition on Tuesday night to chat with about 25 green-fleece-clad Kinder Morgan employees about the proposed twinning of its Trans Mountain pipeline.

Local First Nations representatives were conspicuously absent, not wanting to give the company grounds to claim they were consulted, but environmental groups unfurled a banner outside asking: "What's in a pipeline for B.C.?"

Vancouver-Hastings NDP MLA Shane Simpson said constituents he spoke with were disappointed by the format of the three-hour session, in which the employees stood by glossy poster boards explaining bullet points.

"These are people who live close to the water and they have some concern about what a five-fold increase in tanker traffic may mean and whether in fact that creates a level of risk that may not be acceptable," Simpson said.

"I would hope that Kinder Morgan will, in fact, have some kind of public meetings and invite people to come and have a conversation where people can hear each other and how they feel about this project."

The company collected feedback forms, which it plans to submit to the National Energy Board with its facilities application next October.

Greg Toth, project manager for the proposed expansion, said some of the 62 First Nations whose territories the pipeline crosses are involved in environmental-assessment processes and traditional land-use studies, but declined to say which ones. "I can't really say that," he said. "It is confidential, the groups that we're working with."

The $4.3-billion, 1,150-kilometre project would see the flow of oil from Edmonton to Metro Vancouver rise to 750,000 barrels per day from 300,000.

Have your say

The second and final Vancouver info session is scheduled for Nov. 15 in Harbour Centre, Segal Hall, at 515 West Hastings St., from 5 to 8 p.m.

Provincial politics

Workload forces B.C. Conservative honcho's resignation

The former president of B.C.'s Conservative party says his resignation has nothing to do with leader John Cummins or the ongoing feud in party ranks.

Al Siebring says his workload as a broadcaster and North Cowichan municipal councillor is increasing, which means he can't devote his energies to the party. He says Christine Clarke, the party's candidate in last spring's Port Moody–Coquitlam byelection, will take over as party president.

THE CANADIAN PRESS

Mountains of fun. Two local ski mountains open for the season

Winter is here and local ski hills are opening for business.

Grouse Mountain opened for the first tracks of the season on Tuesday afternoon on its Paradise Bowl and jib park, while Cypress is scheduled to open fully on Wednesday at 10 a.m.

Cypress, which had its earliest opening in its history last year (Nov. 8), is still about two weeks ahead of its traditional opening date, said Joffrey Koeman, director of sales and marketing.

Koeman said the resort's 35 snow guns have been running since Thursday and the mountains received a dump of more than 30 centimetres of snow on Monday.

In a statement, Grouse Mountain said it expects more snow later in the week, meaning further terrain could be ready for skiers soon.

Mount Seymour, which lacks snowmaking equipment, is taking things day by day and will open once it achieves a natural base of about 75 centimetres.

METRO

WEDNESDAY, NOVEMBER 14

TODAY ONLY

Our lowest price ever

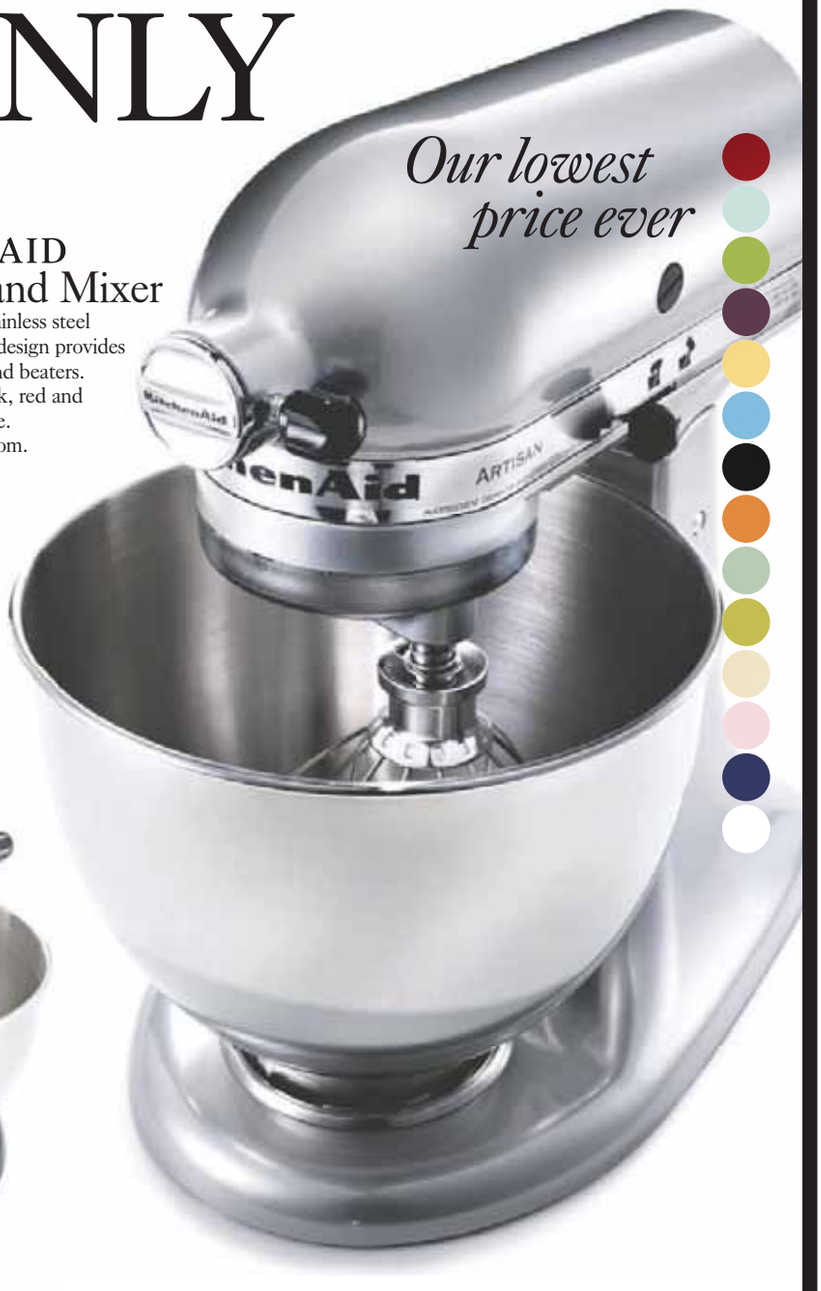
Save $211
After mail-in rebate

$238.88

Regular $449.99 Sale $288.88

KITCHENAID
Artisan Stand Mixer

325 watts and 5 qt. stainless steel bowl. Tilt-back head design provides easy access to bowl and beaters. Metallic chrome, black, red and white available in store.
17 colours at thebay.com.
Shop thebay.com



Save $211

$188.88

Regular $399.99

KITCHENAID
Ultra Power
Stand Mixer

300 watts and a 4.5 qt. stainless steel bowl. Tilt-back head design provides easy access to bowl and beaters.
Shop thebay.com

Plus, save 25%
other KITCHENAID small appliances
Excludes items with 95¢ price endings.

the Bay

Shop online at thebay.com

Be the first to know about our One Day Sale offers

- Sign up at thebay.com for email updates
- twitter.com/thehudsonsbayco
- facebook.com/hudsonsbaycompany
- Shazam our One Day Sale radio ads

Get it. Gift it.
From Canada's oldest gift-giving destination.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details.

With rats on a roll, efforts are ramping up to wipe them out

Islands. Haida Gwaii conservationists will use rodenticide pellets to eliminate pests starting next fall

LUKE SIMCOE
Metro in Victoria

A caged black rat from the Gwaii Haanas region. COURTESY OF GWAII HAANAS NATIONAL PARK RESERVE

After nearly three centuries of rat invasion, scientists in the Haida Gwaii region are stepping up their attempts to get rid of the rodents.

Following a successful elimination program on two smaller islands in 2011, a team from the Gwaii Haanas National Park Reserve is taking to the sky in an effort to tackle rats on the larger islands and safeguard the region's 1.5 million nesting seabirds.

The plan involves special pellet-spraying helicopters that will cover both Murchison and Faraday islands with rodenticide.

"The rats on those islands have easy access to seabirds and the birds have no natural way of resisting them," said Heather Ramsay, a spokesperson for the Gwaii Haanas National Park Reserve. "They've had a devastating impact on the bird population."

Ramsay says preliminary tests using non-poisonous pellets have been completed and the eradication will begin in the fall of 2013. In the interim, conservationists will examine ways to minimize the impact on native species including ravens, eagles and other rodents like shrews and voles.

The brown rat was first introduced to the Haida Gwaii archipelago in the 18th century during the maritime shipping era. The rodents have thrived on the islands ever since, feasting mainly on the eggs and chicks of native seabirds.

According to a recent article in Scientific American, when rats arrived on Langara Island in 1946, the number of ancient murrelet breeding pairs dropped from 200,000 to 20,000. When rats were successfully eradicated from the island in 1995, the murrelet population doubled.

PepperWireless brings
fido
BACK on RobsonSt
Join the excitement.
Nov 17. 1- 5PM
HURRY, OFFER ENDS November 25
› Unlimited Talk Canada-wide[1] (no long distance fees)
› Unlimited Text, Picture and Video Messaging[2] (Canada and international)
› 1 GB of data[3]
› Visual Voicemail Plus, Call Display & Name Display[4]
$57 per month
PEPPER WIRELESS
Exclusive Dealer fido
Offers subject to change without notice. A one-time $35 Activation Fee applies; receive a credit for the entire amount of the $35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. Subject to Fido Terms and Conditions & Acceptable Use Policy, fido.ca/terms. 1. Includes calls from Canada to Canadian numbers. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. 2. Plan includes messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. 3. Additional data: $10/1 GB, charged in $10 increments. Data transmission charges of 0.6¢/kB apply when roaming. 4. Compatible phone required, not all numbers can be identified. By subscribing, user accepts message being processed outside Canada. Taxes extra. ™Fido and related names & logos are trademarks used under licence. © 2012 Fido Solutions

An aerial view of the under-construction Port Mann Bridge last December. DANIEL PALMER/METRO FILE

8 lanes of Port Mann Bridge to open Dec. 1

Years of traffic mayhem and gridlock caused by construction should ease on Highway One east of Vancouver on Dec. 1.

The Ministry of Transportation and Infrastructure says eight lanes of the 10-lane Port Mann Bridge, connecting Coquitlam to Surrey, will open in just over two weeks, with tolling to begin on Dec. 8.

The bridge that spans the Fraser River has been under construction for more than four years and eastbound traffic has been using three lanes of the bridge since mid-September.

Westbound traffic will be shifted to the new bridge overnight on Saturday, but only two lanes will be moving until Dec. 1, when four westbound lanes will be opened.

That date also marks completion of interchange improvements and highway widening east of the bridge, including more than 20 kilometres of carpool-only lanes extending to Langley.

Cars and small trucks crossing the Port Mann will be electronically assessed an introductory $1.50 toll, but the levy will rise to $3 per crossing by next December, with varied rates applying to larger trucks and motorists using special passes.

THE CANADIAN PRESS

LOTTO 649
welcome to cloud 649
TODAY'S JACKPOT
$46 Million EST.
Every dollar of BCLC proceeds is returned to British Columbians.
PLAY NOW .COM
bclc
Know your limit, play within it. GameSense
19+

Ashley Smith. Revealing jailhouse videos help push inquest forward

The long-delayed inquest into the prison death of a deeply troubled teenager finally appeared to be on track Tuesday amid unprecedented signs of co-operation by prison authorities and doctors who had been fighting tooth and nail to limit their exposure.

Instead of the legal wrangling that has become the defining hallmark of the probe into the death of Ashley Smith, the parties spent a few hours in rare agreement before proceedings were adjourned until the new year.

Richard Macklin, a lawyer for Ontario's child and youth advocate, said Smith's family had been on a "litigation caravan" for two years that finally ended with the screening of disturbing jailhouse videos late last month.

Among other things, the jailhouse videos showed authorities duct-taping a hooded, docile Smith to her airplane seat and injecting her against her will with tranquilizers. THE CANADIAN PRESS

Tim Hortons

No charges in coffee shop crash

Police say no charges will be laid after an elderly driver created her own drive-thru at a Cobourg, Ont., doughnut shop.

Investigators say a van mounted the curb at the front of a Tim Hortons and crashed into the glass entranceway.

THE CANADIAN PRESS

Education

B.C. goes online to tackle bullying

The B.C. government has unveiled an online tool designed to let children anonymously report bullying to school administrators.

The tool presents children with a form for them to record what happened, and they can choose whether they want school staff to contact them.

THE CANADIAN PRESS

University scientists tap into the vegetative mind

Positive signs. Man communicates that he 'isn't in pain' to a group of researchers at Western's Brain and Mind Institute

ANGELA MULLINS
Metro in London

BBC's Panorama

- The BBC filmed Western University researchers and neuroscientists for a documentary that followed vegetative patients in Britain and Canada.
- The documentary aired on Tuesday.

A team of neuroscientists at Western University in London, Ont., are getting international attention for what they've known for years.

Patients in a vegetative state may not be able to talk or physically react to questions, but tests show many of their brains are alive and ticking, the doctors say.

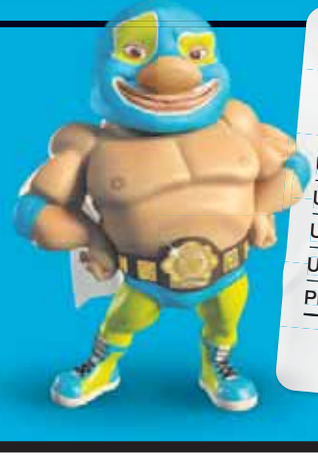
London's Scott Routley, a 39-year-old with brain trauma from a motor-vehicle accident, has quickly become the medical discovery's poster child. Although Routley hasn't spoken for 12 years, he recently told a research team from Western's Brain and Mind Institute that he isn't in pain.

The message — considered the first of its kind from a patient like Routley — was conveyed this summer through an MRI scan of his brain, explained researcher Dr. Damian Cruse. Cruse and other members of the team discovered in 2010 that at least some people with severe brain injuries can think about things on command.

"The exciting thing that we've been able to do is start asking clinically relevant questions," Cruse said, something that will allow doctors to understand more about their patients.

Scott Routley has been able to communicate through his brain activity, scientists at Western University say. COURTESY OF BBC/FERGUS WALSH

Get everything you need with our NEW Canada-wide promo plans!



Get Canada-wide talk, text and data!

Hurry! Offer ends Nov. 22, 2012.

- Up to 150 Anytime Minutes
- Up to 250 MB of Data[1]
- Unlimited Messaging (Text and Picture)[2]
- Unlimited 5pm Evenings & Weekends[3]
- Unlimited Incoming Calls
- Plus more!

For just $45/month

koodo

Good call

BEST BUY FUTURE SHOP LONDON DRUGS THE MOBILE SHOP Walmart

(1) Roaming rates apply outside of Canada. Data overage rate of 5¢/MB applies. (2) Availability of service will vary by country and is subject to change without notice. Excludes premium messages and subscription-based messages. Picture messaging includes international picture messages sent and received within Canada. Additional data charges apply depending on picture size when roaming in the U.S. and internationally. Picture messaging is supported by a BlackBerry smartphone with SIM card only. (3) Unlimited calling from 5pm to 8am, Monday through Thursday, and from 5pm Friday to 8am Monday.

koodo shop

Aberdeen Mall
Bay Centre
Brentwood Town Centre
Central City Shopping Centre
Coquitlam Centre
Cottonwood Mall
Guildford Town Centre
Hillside Centre
Kitsilano
Lougheed Town Centre
Mayfair Shopping Centre
Metropolis at Metrotown
Oakridge Centre
Orchard Park Shopping Centre
Park Royal Shopping Centre
Richmond Centre
Royal City Centre
Scottsdale Centre
Seven Oaks Shopping Centre
Woodgrove Centre

SOUTH VANCOUVER GRAND OPENING SALE

BEST BUY®

Celebrating our new store at SW Marine Dr. and Ontario St.
from Friday, Nov. 16 to Sunday, Nov. 18

acer

intel inside CORE i3

2nd Generation Intel® Core™ i3 Processor
• Acer ePower Management
V5-571-6688 Silver Web Code: 10213241

15.6" SCREEN | 6GB MEMORY | 500GB HARD DRIVE | NUMERIC NUMBERPAD | 0.89" THIN

DOORCRASHER
399.99
MIN. 25 PER DAY

ASUS
Inspiring Innovation • Persistent Perfection

intel inside CORE i5

2nd Generation Intel® Core™ i5-2450M Processor
• Keep cool with Asus IceCool technology
X53E-RS53-CBIL Black Web Code: 10195013

15.6" SCREEN | 8GB MEMORY | 750GB HARD DRIVE | HDMI OUTPUT

SAVE $100
469.99 AFTER SAVINGS
20 PER DAY

AMAZING DOORCRASHERS 3 DAYS ONLY

BEST BUY mobile
your phone, your way

4.3" SCREEN SIZE | 1.2GHz DUAL CORE | 8MP CAMERA | ANDROID

Virgin mobile

Samsung Galaxy S II 4G
• Android 2.3 OS
• 4.3" Super AMOLED Plus touchscreen display
• Dual-core processor
• 4G speeds up to 21Mbps
GT-i9100 Web Code: 10175603

SAVE $100
0.00 AFTER SAVINGS
ON THE $150 VIRGIN MOBILE SUPERTAB®

3.5" SCREEN SIZE | 720P HD VIDEO | WIFI

Authorized Reseller

iPod touch 32GB
• Front-facing camera and FaceTime feature
• LED Retina Display
• HD video recording
• 40 hours of battery life
MC544C/A Black/ White Web Code: 10153661/ 10178787

SAVE $50
199.99 EA. AFTER SAVINGS
MIN. 80 PER DAY

Canon
T4i bundle 18.0 Megapixel DSLR Camera and Lens Bundle
• 18-55 f/3.5-5.6 image stabilized II lens
• EF 40mm f/2.8 lens
• Manfrotto tripod and sling bag
Web Code: 10228161

3.0" SCREEN | 5 FRAMES PER SECOND | 1080P HD VIDEO | TOUCH SCREEN

SPECIAL BUY
899.99
MIN. 10 PER DAY

WE'LL BEAT ANY PRICE. ONLINE OR ANYWHERE ELSE.

LOWEST PRICE GUARANTEE
Some conditions and exclusions apply. See BestBuy.ca

ONLINE | IN-STORE | IN PRINT

NOW OPEN

8133 Ontario St.
SW Marine Dr. & Ontario St.
(604) 326-3350
MON. - SAT.: 10am - 9pm
SUN.: 11am – 6pm

Grand opening prices cannot be combined with any other promotional or trade-in offer. All products limited to one per family unless otherwise stipulated. No dealers. No rainchecks. We reserve the right to limit quantities. Prices and payments are subjected to applicable taxes before programming credits. **Prices and offers good November 16-18, 2012 at the South Vancouver store only**. References to savings or sale prices are comparisons to Best Buy Canada regular prices. **ADVERTISING POLICY:** Prices valid at Best Buy stores in Canada. Some products in this ad may be slightly different from illustrations. Not all products are available in all stores. Best Buy is committed to accurate pricing. Website prices, products, and promotions may differ from our retail store offerings. Best Buy reserves the right to correct errors. Special offers cannot be combined or applied to previous purchases. We reserve the right to limit quantities. Terms and conditions subject to change without notice. Carrier selection varies by region. Rate plans are subject to change without notice.
Ⓒ New in-store activation required on $150 Virgin Mobile SuperTab™ with Talk and Text or Smartphone plans. See in-store for full details.

Modern-day Rasputin jailed

France. Swindler gets eight years for brainwashing French aristocratic family into handing over their fortune and home

A man described as a modern-day Rasputin was convicted Tuesday of brainwashing three generations of an aristocratic French family for nearly a decade, swindling them of their fortune and their turreted manor.

Thierry Tilly, who was sentenced to eight years in prison by a court in Bordeaux, became a confidante of the landed Vedrines family in 2000. Over nine years, the man who local media dubbed "the guru" manipulated the family of 11 — aged from 16 to 89 — into believing there was a secret masonic plot against their lives, according to court testimony.

Family members were so convinced of his story that they locked themselves inside their chateau for several years, terrified they would be killed. They sold their possessions — including the family manor — and handed over $5.7 million US.

The case raised echoes of the trial involving France's richest woman, 90-year-old L'Oreal heiress Liliane Bettencourt, who was swindled by a French tax lawyer into handing over a private Seychelles island to him.

THE ASSOCIATED PRESS

Moving on

"The trial is behind us and we will do everything to rebuild."

Christine de Vedrines, a family member who had alerted police to Thierry Tilly

Christine de Vedrines, centre, and Philippe de Vedrines, right, leave the Bordeaux court in France Tuesday. Thierry Tilly, an alleged modern-day Rasputin, has been convicted of swindling the aristocratic French family of their fortune and their turreted manor. THE ASSOCIATED PRESS

RBC Royal Bank

Great mortgage rates.
Plus more.

2.99%
3-Year Fixed Rate[1]

and great rates in between

3.59%
7-Year Fixed Rate[1]

Short-term flexibility, long-term stability and everything in between.

- We'll cover your switching costs*
- Up to 30 years amortization**
- Flexible pre-payment options
- Home Equity Credit Line at Prime + 1/2% (Prime + 1% at other banks)
- Canada's largest mortgage specialist team – advice that comes to you

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™

1 These rates are special discounted rates below our posted rate and are only available on mortgage applications that fund within 120 days of the start date of the application. These rate offers may be changed, withdrawn or extended at any time, without notice. Not available in combination with any other offer or rate discount. Other terms and conditions apply. The Annual Percentage Rate (APR) is based on a $200,000 mortgage and a mortgage processing fee of $250. Fee may vary depending upon type of property and location.

For 2.99%, 3 year fixed rate offer, APR is 3.04%. For 3.59%, 7 year fixed rate offer, APR is 3.61%. *We will pay the basic title insurance fee, processing fee and one discharge fee (up to $300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance $50,000. **30 year amortization rate requires down payment of 20% or more. Residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Belize. McAfee software founder denies role in neighbour's death

Software company founder John McAfee is denying any role in the slaying of his neighbour on a Caribbean island, according to an online article posted for Wired magazine.

Wired said McAfee called a reporter on Monday to say he was hiding from police who want to question him about the death of 52-year-old Gregory Viant Faull, whose body was found on Sunday. He is quoted as saying police would kill him if they find him.

McAfee said he saw police coming on Sunday and hid, burying himself in the sand and putting a cardboard box over his head so he could breathe, according to the article.

McAfee reportedly said that whoever shot Faull may have been gunning for him instead and mistakenly killed his neighbour.

Faull was found with a gunshot wound to his head inside his two-storey home north of San Pedro, a town on the island of Ambergris Caye, said Raphael Martinez, spokesman for Belize's Ministry of National Security. The housekeeper discovered the body Sunday morning and called police.

Software company founder John McAfee YOUTUBE

Martinez said that no charges had been filed in the case.

Belize police said Tuesday that McAfee, 67, remains a "person of interest" in the death of Faull, not a suspect, and that he is being sought for routine questioning. They believe he is still in Belize, but they have also contacted authorities in Mexico and Guatemala, which border Belize, for help in locating McAfee.

McAfee sold his stake in the anti-virus software company that is named for him in the early 1990s and moved to Belize about three years ago to lower his taxes.

THE ASSOCIATED PRESS

United Arab Emirates

Gulf state cracks down on online activism

The United Arab Emirates set stricter Internet monitoring and enforcement codes Tuesday that include wider leeway to crack down on web activists for offences such as mocking the rulers or calling for demonstrations.

This month, a Bahraini man was jailed for six months on charges of insulting the king in Twitter posts. In September, a journalist-blogger in Oman received a one-year prison term for alleged anti-government writings.

THE ASSOCIATED PRESS

China conclave

Communist officials embrace social media

During China's last party congress, officials didn't know a hashtag from a hyperlink. But five years on, they have embraced social media with unprecedented enthusiasm, hoping it can stir up excitement about the staid party meeting this week.

Dozens of delegates are using social media to post about party leader Hu Jintao's reading of highlights from the party work report. But it is also being used by the public to poke fun at the propaganda. THE ASSOCIATED PRESS

Thailand

600 deadly cobras found in pickup truck; driver arrested

Thai authorities have seized a pickup truck full of deadly cobras at a checkpoint in the country's central region.

They believe the snakes came from Malaysia and were destined for a third country for use in traditional medicine or human consumption.

Thai Customs chief Benja Louicharoen said Tuesday that officials found 600 cobras worth about $16,500 in mesh bags inside plastic baskets in the truck.

Officials arrested the Thai driver after the suspicious vehicle was stopped 210 kilometres south of Bangkok.

Benja said the man confessed that he was delivering the snakes to northeast Thailand where they were to be smuggled over the border into Laos.

Thailand is a major transit country for illegal wildlife trafficking in Asia.

THE ASSOCIATED PRESS

Petraeus sex scandal widens

CIA. Now the top U.S. commander in Afghanistan is being investigated; promotion on hold

The sex scandal that led to CIA Director David Petraeus' resignation widened Tuesday, with the top U.S. commander in Afghanistan under investigation for alleged "inappropriate communications" with a woman who received threatening emails from Petraeus' former lover.

Some of the 20,000-plus pages of documents and emails between Gen. John Allen and Florida socialite Jill Kelley were "flirtatious," a senior defence official said. The official spoke on condition of anonymity because he wasn't authorized to discuss the case publicly.

Defence Secretary Leon Panetta revealed earlier Tuesday that the Pentagon had begun an internal investigation into the emails.

U.S. Gen. John Allen
THE ASSOCIATED PRESS

Allen succeeded Petraeus as the top American commander in Afghanistan in July 2011, and his nomination to become the next commander of the U.S. European Command and the commander of NATO forces in Europe has been put on hold.

In a White House statement Tuesday, National Security spokesman Tommy Vietor said President Barack Obama "remains focused on fully supporting our extraordinary troops and coalition partners in Afghanistan, who General Allen continues to lead as he has so ably done for over a year."

Meanwhile, FBI searched the Charlotte, N.C. home of biographer Paula Broadwell on Tuesday. The White House wasn't informed of the FBI investigation until election day.

THE ASSOCIATED PRESS

Case update

Paula Broadwell's threatening emails to Jill Kelley, a 37-year-old family friend of David Petraeus, led to the FBI's discovery of communications between Broadwell and Petraeus indicating they were having an affair.

- In the latest revelations, a Pentagon official would not say whether the communications are thought to include unauthorized disclosure of classified information. He said he did not know whether Petraeus is mentioned.

Are you affected by colorectal cancer or breast cancer?

We are talking with the following individuals:

- Seniors with metastatic colorectal cancer (MCRC), and their caregivers
- Women with metastatic breast cancer (MBC)

Participation involves a 1-hour phone interview and journal-writing (MCRC) or attending a focus group (MBC). You will be financially compensated for your time.

If you are interested in participating, please contact **(289) 936-9378** or **diane@selfcarecatalysts.com**.

self care catalysts inc
selfcarecatalysts.com

REGISTER NOW FOR THE FALL SEMESTER
Become An Elite PERSONAL TRAINER!
INFOFIT 604.683.0785
admin@infofit.ca
www.infofit.ca
INTERNATIONAL • ON-LINE
VANCOUVER • BURNABY • SURREY
Infofit

THAT'S THE POWER OF WIND™

PHONES EVEN SANTA'S JEALOUS OF. AND HE HAS FLYING REINDEER.

Get the latest smartphones from $0 on plans with no term contracts.

LG OPTIMUS 4X HD $199 on WINDtab™
SAMSUNG GALAXY NOTE II™ $399 on WINDtab™
HUAWEI ASCEND P1 $0 on WINDtab™
NOKIA LUMIA 710 $0 on WINDtab™
HTC ONE™S $99 on WINDtab™

Conditions at WINDmobile.ca

WINDtab prices above available on one or both of the Unlimited Wish plans. Additional terms and conditions apply for WINDtab. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Other conditions apply. Learn more at WINDmobile.ca. LG and the LG logos are registered trademarks of LG Electronics and its affiliates. Samsung and Samsung Galaxy Note II are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. Nokia and Nokia Lumia 710 are registered trademarks of Nokia Corporation. WIND, WIND MOBILE and WINDtab are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2012 WIND Mobile.

SHOPS AT NEW WEST STATION

shopsatnewweststation.com

GRAND OPENING

Saturday, November 17th 11am to 3pm

FREE GIVEAWAYS**
Every hour from 11am to 3pm

GREAT FAMILY ENTERTAINMENT
From 11am to 3pm

FREE CHARITY HOT DOG BBQ
courtesy of SAFEWAY
from 12:30pm to 1:30pm

**While quantities last, one per person.

WIN* AN iPAD!

3 iPads to be drawn between noon & 3pm!

New Westminster
SkyTrain Station
Columbia and 8th Street

FIRST CAPITAL
Shopping for Everyday Life
A FIRST CAPITAL PROPERTY
www.firstcapitalrealty.ca – (TSX:FCR)

ENTER FOR YOUR CHANCE TO WIN* AN iPAD

Bring your ballot to the VIRGIN RADIO REMOTE!

Name: _____

Address: _____

Postal Code: _____ Age: _____

Daytime Phone: _____ Evening Phone: _____

*No purchase necessary. Limited to one entry per person. You have two chances to win. You may enter by bringing this ballot to the Virgin Radio remote at Shops at New West Station November 17th between 11am and 3pm. 3 (Three) iPads will be drawn in total on November 17th. Or you can enter your ballot at any participating Shops at New West retailer from November 18th to December 17th. 1 (One) iPad will be drawn on December 18th. Winner will be contacted by telephone. Full contest rules and regulations on ballot box.

Top toys of 2012 tested and chosen by kids

This product image released by Good Housekeeping shows a variety of board games that made it onto Good Housekeeping's annual Best Toys list for 2012. BEN GOLDSTEIN/THE ASSOCIATED PRESS

Great gift ideas

Among the winners of Good Housekeeping's 2012 Best Toy Awards, to be revealed in the December issue:

- **Ages 3 and up:** The Hexbug Hive Habitat Set ($35), which has mechanical bugs running through a customizable maze.
- **Ages 7 and up:** The Techno Source Codee ($8), a chain of blocks that can be made into creatures such as a bright flamingo or robot, and the Playmobil E-Rangers Headquarters ($130), which features an LED spotlight.

Safe and creative.

Best-toy winners include a fortune cookie maker, a mini stunt-car track and a mechanical bug maze

Not all the testers for Good Housekeeping's annual Best Toys list wear lab coats. Some are barely out of diapers.

For its 2012 list, engineers reviewed hundreds of toys for safety and educational merits. But the true test comes from 140 kids, aged three to 13, who play with the top 135 new toys at the magazine's product-testing laboratory in New York.

There are more price-conscious choices under $25 to choose from this year, according to the Good Housekeeping Research Institute, along with toys that teach, including robotics for very young children and sophisticated art projects and models for older kids. Others fall into the additional category of back-to-basics, abandoning tech in favour of more open-ended play.

"Parents can feel confident that our winners are safe, fun and encourage creativity, imagination, and problem-solving skills," said Rosemary Ellis, editor-in-chief of Good Housekeeping.

THE ASSOCIATED PRESS

New and improved iPhone and iPad set to hit stores in early 2013

Tech developments

- **Enter the iTV.** Commercial Times speculated that an Apple-branded big-screen TV will be released in the first half of next year.
- **Long rumoured.** Piper Jaffray analyst Gene Munster has been predicting the development of the new TV since 2009.

Apple Inc. will launch a new iPhone in the first quarter of 2013, followed by a refreshed iPad and debut of the long-rumoured "iTV" by mid-year, says Chinese-language business newspaper Commercial Times.

Translated by DigiTimes, the report said Cupertino, Calif.-based Apple will start trial production next month of a modestly upgraded version dubbed iPhone 5S, with a small initial run of 50,000 to 100,000 units.

It said Apple has accelerated certification of parts and materials for the new phone due to production problems with the iPhone 5, the sixth-generation handset that hit stores in September.

A new iPhone could be required to fix scratching reported with the current aluminum casing that might be replaced by plastic, online sources speculated Tuesday.

Taiwan-based newspaper DigiTimes, citing Commercial Times, also said a fifth version of the iPad is planned for the second quarter to adjust lower-than-expected display resolution on the mini-iPad, which was unveiled in October. TORSTAR NEWS SERVICE

comwave
Home Phone
CONSUMER CHOICE AWARD 2012
A home phone line for the holidays... Absolutely FREE!
All Features FREE
Keep your existing number
Unlimited Local
Unlimited local calling
14 free features
$14.95 /month
Unlimited Canada
Unlimited Canada calling
14 free features
$19.95 /month
Unlimited Global
Unlimited calling to almost 60 countries
14 free features
$29.95 /month
Limited time offer
6 Months FREE
Your Satisfaction is Guaranteed or You Pay Nothing!
Download our Comwave Mobile App
3 Days Free Trial
1-866-543-5122
www.comwave.net
While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. The 6 Month Free Promotion is based on a 2 YR term and includes a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 6 months free. HOME PHONE LINE: VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Nunavut & NWT, Alaska and Hawaii. Unlimited usage is governed by our Fair Usage policy to prevent abuse available at www.comwave.net/terms.

Is this woman an idiot? The sign she holds tells her sorry story

Street-corner sentence. Judge throws book at woman caught driving on sidewalk to avoid bus unloading kids

Shena Hardin stood in the cold at an intersection Tuesday holding a sign.

It warned people about idiots.

It was her penalty for being caught on camera driving on a sidewalk to pass a Cleveland school bus that was unloading children.

The sign read: "Only an idiot would drive on the sidewalk to avoid a school bus."

A judge ordered Hardin, 32, to serve the highly public sentence for one hour Tuesday and Wednesday.

She arrived bundled up against the chill, puffing a cigarette and wearing head phones as passing vehicles honked.

Hardin's licence was suspended for 30 days and she was ordered to pay $250 in court costs.

Lisa Kelley, whose nine-year-old daughter boards the bus that Hardin had been passing on the sidewalk, said the sentence fits the crime.

"She's an idiot, just like her sign says," Kelley said as she watched Hardin lean against a fence, her head down and her eyes hidden by dark glasses.

"She did this almost every day last year. She won't stop laughing.... She's still laughing, so she needs to be humiliated like this."

Bill Lipold, 37, who works nearby in the blue-collar neighbourhood of older homes and factories, yelled "Why do you hate kids?" to Hardin.

He hopes the punishment works. "How else are you going to stop her from doing it again? She really didn't show remorse for her action after being caught, so you've got to try something."

THE ASSOCIATED PRESS

Quoted

"She's not remorseful, she laughed at every court appearance."

Resident Lisa Kelley

Public humiliation: Shena Hardin holds a sign that tells what a Cleveland judge thinks of her. She was caught on camera driving on the sidewalk to avoid a school bus unloading children. TONY DEJAK/THE ASSOCIATED PRESS

They failed to die for their cause, now they tell all

GRAHAM LANKTREE
Metro in Ottawa

What makes a suicide bomber?

Former top Israeli intelligence officer Yoram Schweitzer decided to find out.

For two and a half years, he interviewed would-be bombers whose missions failed.

Many, both men and women, don't consider themselves suicide bombers but soldiers, he told students and faculty at Carleton University ahead of a talk at the University of Ottawa's Centre for International Policy Studies.

"Most of them are not suicidal," he said.

"They perceive themselves to be soldiers in their own way.

"This was the easiest thing to do, in a sense, to press a button.

"Many are not part of the terrorist organizations, they just volunteer for the mission."

Were the would-be bombers disappointed by the failure of their dangerous suicide missions? Schweitzer wondered.

"They themselves told me that it was God's decision," he went on.

"They said, 'I was ready to sacrifice myself, I knew the risks. If God decided that I'm still here, then I'm here.'"

Schweitzer continued: "Some of their stories are quite touching. As more time went on, I could listen and try to understand the mindset of a terrorist.

"This phenomenon of suicide terrorism seems to be very individual at the end of the day."

Israel was hit by more than 60 suicide bombings in 2002. But since that spike, casualties inside the country have been brought down to nearly zero — a feat accomplished largely through information sharing between different Israeli military organizations, Schweitzer said.

Quoted

"I really wanted to listen to what they had to say. To have it coming from their mouth and listen to how they articulated their arguments and motivations."

Yoram Schweitzer,
One-time head of the Israeli Defence Forces' Counter International Terror Section who spent more than two years interviewing would-be bombers.

Mud, glorious mud ... not!

There goes the neighbourhood. Residents of the Hillside Park area in Daly City, Calif., woke up Tuesday to flooded streets and vehicles buried in mud after a broken water main sent 45,000 gallons of water spewing down a grassy hillside. ERIC RISBERG/THE ASSOCIATED PRESS

'Painful' claim

Mr. Elmo's teen accuser recants

A man who accused Elmo puppeteer Kevin Clash of having sex with him when he was a teen has recanted his story.

In a quick turnabout, the man on Tuesday described his sexual relationship with Clash as adult and consensual.

Clash said he is "relieved this painful allegation has been put to rest."

The man, who has not identified himself, released his statement through a Harrisburg, Pa., law firm.

The whirlwind episode began Monday, when Sesame Workshop — which produces Sesame Street — announced that Clash had taken a leave of absence in the wake of allegations he had a relationship with a 16 year old.

Clash is a 52-year-old divorced father of a grown daughter. His accuser is in his early 20s.

Clash acknowledged he is gay.

THE ASSOCIATED PRESS

CANADIAN
Real Estate Wealth
InvestorForum 2012

Vancouver Convention Centre | November 17 & 18

Get the facts on the hottest markets FOR FREE! ($150 Value)

YOUR GAME PLAN TO REAL ESTATE RICHES STARTS HERE

Meet Our Top Real Estate Entrepreneurs!

David Chilton
Author, *The Wealthy Barber*

Philip DuMoulin
Host of *Urban Suburban* HGTV

Don Campbell
Founder, REIN

Get FREE Real Estate Insider Info

Hot topics include:

- Find out how you can **retire with a six figure income**
- **Real Estate Investing 101** - find the best cash-flowing opportunities in B.C., U.S. and abroad
- Resource-rich real estate – **cash in on B.C.'s northeast!**
- Guaranteed financing: **Build your property portfolio** without breaking the bank
- **Get the facts** on the B.C economy – you can't afford to miss!

Be Part of it All!

- Access to **10+ strategic sessions** in Stream 2
- Expo floor with **45+ real estate service providers**
- **5+ hours of networking** with experts from across Canada
- **Book signing** & give-away with David Chilton, The Wealthy Barber

PLUS! Receive over $2,000 in free give-aways!

Don't miss out on your opportunity to learn in-depth strategies for SMART and SAFE real estate investing and start your journey to financial freedom!

metro **READER EXCLUSIVE**

Limited space available. Register for FREE now!

T: 1-855-283-2721 **Promo Code: IFBC** E: registration@kmimedia.ca

Platinum Sponsors

ECOHOUSE Group
LONDON · NATAL · TORONTO · SINGAPORE

Awards Sponsors

THE GREENS AT VENTANA CANYON
Barrett Tax Law

Gold Sponsors

CENTUM
RE/MAX
AMERICAN
FORTRESS REAL CAPITAL
BLUEPRINT Global Partners
BARCLAY STREET
TVS TenantVerification.com
CANADIAN PROFITS
FUB Investing

Silver Sponsors

InvestPlus Properties Canada Ltd.
US Investor network
Stinson Developments
Barrett Tax Law
gordlemon.com
USproperty.ca
VERAWOOD REAL ESTATE INC

Media & Partners

REAL ESTATE BOARD OF GREATER VANCOUVER
REIN
metro
buzz buzz home
RevNYou
WILEY
CanadaREIC

www.theinvestorforum.ca

Larger deficits could delay Tory promises

Fall update. Weak global economy means Ottawa won't show surplus until 2016-17

The Harper government has pushed back its target date for eliminating the deficit by one year, leaving open the possibility it won't be able to fulfil two key election promises on income splitting and doubling tax-free saving accounts.

Finance Minister Jim Flaherty delivered his fall economic update Tuesday, saying global economic weakness has carved into commodity prices and tax revenues.

The update showed a bottom line for this fiscal year worse than many expected, with the deficit at $26 billion, up $5 billion from the March budget forecast.

This year's deficit would be even higher, by about $7 billion, if Flaherty hadn't hedged his bet by adding a $3 billion cushion, or margin for risk, into his budget calculations.

Flaherty also said it will take a year longer than predicted to balance the budget.

Finance minister Jim Flaherty
ADRIAN WYLD/THE CANADIAN PRESS

During the last election campaign, the Conservatives said they would establish the Family Tax Cut income sharing for couples with dependent children under 18 years of age. It would give spouses the choice to share up to $50,000 of their household income for federal income tax purposes.

The Conservatives promised it would be implemented during this term in office when the federal budget is balanced.

But when asked Tuesday about the program's fate, Flaherty said it will have to wait. "Any movement on that will have to await a balanced budget," he said.

The government had also promised to double the contribution to tax-free savings accounts to $10,000 once the budget was balanced.

"Canada has clearly been affected by volatile and falling world commodity prices since the budget in late March," Flaherty said in a speech to a Fredericton business audience.

"And the forecast of private sector economists is consistent with the view that world commodity prices will remain below the level anticipated at the time of the budget."

THE CANADIAN PRESS

By the numbers

$26B

Ottawa now projects its deficit will rise to $26 billion this fiscal year, which ends in March, as opposed to the predicted $21.1 billion. Going forward, the deficit is now projected at $16.5 billion next year, compared with the budget estimate of $10.2 billion, and $8.6 billion in 2014-15, as opposed to $1.3 billion.

Newspapers

Quebecor cuts 500 Sun Media jobs

Quebecor Inc. is cutting about 500 jobs at its Sun Media newspaper division in a move that includes closing two production facilities in Ontario as it copes with lower advertising revenue.

"Although our circulation revenue has stabilized due to strategic pricing increases, the advertising sector continues to experience declines through the news and media industry," chief executive Pierre Karl Peladeau said Tuesday.

The Southern Ontario Newsmedia Guild said about 27 journalists' jobs will be eliminated as the company centralizes copy editing and pagination in Toronto. Up to 100 jobs will be lost when the printing plants in Ottawa and Kingston, Ont. close, the guild added. THE CANADIAN PRESS

If you thought the Canadian housing market was overheated...

The luxury residential building Opus Hong Kong, designed by Frank Gehry, is shown in Mid-Levels east of Hong Kong. A local property company said Tuesday it sold a 6,683-square-foot apartment on the building's ninth floor for almost $60 million. It did not say who the buyer was. The sale comes amid growing concern over surging property prices in Hong Kong. KIN CHEUNG/THE ASSOCIATED PRES

Market Minute

DOLLAR 99.81¢ (-0.06¢)

TSX 12,134.66 (-56.80)

OIL $85.38 US (-19¢)

GOLD $1,724.20 US (-$6.10)

Natural gas: $3.75 US (+18¢)
Dow Jones: 12,756.18 (-58.90)

CSeries planes

Bombardier steps up China alliance

Bombardier Inc. is continuing its push to win orders of its CSeries planes in China by strengthening its collaboration with Chinese aircraft manufacturer COMAC to develop common features for their aircraft.

"It's meant to develop commonalities that will make both of our aircraft attractive to customers in China, but also around the world," said a Bombardier spokeswoman. The two companies are going ahead with talks on the second phase of their partnership after concluding an agreement to jointly develop four aircraft components.

THE CANADIAN PRESS

A COMAC employee poses in front of a poster of the firm's C919 jet. COMAC and Bombardier are jointly developing components for their respective C919 and CSeries aircraft. IMAGECHINA FILE

$240-million lawsuit

Investors sue Olympus over accounting scandal

Olympus Corp. says that nearly 50 shareholders have filed a suit against the company seeking about $240 million in compensation for their investment losses stemming from a massive accounting scandal.

The Japanese camera and medical equipment maker said Tuesday that 48 mostly foreign institutional investors and pension funds filed the suit in Tokyo District Court in June. The court documents reached Olympus on Monday. The plaintiffs include the San Diego's city employees' retirement fund and a Singapore government unit.

Olympus said the financial impact of the lawsuit is unclear.

Officials at the company have acknowledged hiding huge losses for years, using overseas bank accounts, paper companies and dubious acquisitions to keep them off its books.

THE ASSOCIATED PRESS

100 REASONS TO USE #100 ON TELUS
Simply dial
#100
+International number
on your TELUS mobile
5¢/min India
5¢/min China, UK, Mexico, Venezuela
10¢/min Chile, Brazil, Turkey, Pakistan
Celebrate Diwali
Anita G Reason 88: Talk with Family and Friends Worldwide
100 people like this.
What's your reason? Tell us at fb.com/telehop for your chance to win!
telehop
telehop
@telehop
Available on your TELUS, and TELUS Pay & Talk cellphones. All charges appear on your monthly cellphone bill. Calls to cell phones may be billed at a different rate, please see www.telehop.com/mobile. For additional details please see www.telehop.com 1-888-823-8283

IT'S THE END OF THE WORLD

JUST SAYIN'
Paul Sullivan
metronews.ca

Terrorists, earthquakes, hurricanes, blackouts, financial collapse, pandemic, nuclear fallout, oh my.

Not to mention the end of the world, which is even closer than Christmas: Dec. 21, according to most paranoid interpretations of the Mayan calendar.

All these threats, real or imagined, have spawned a new generation of survivalists called "preppers." And, of course, they have their own reality-TV show: Doomsday Preppers, the most watched show on the National Geographic Channel.

(Have you noticed a trend? Cable channels like The Learning Channel, the History Channel, the Outdoor Life Network, and now, sadly, the National Geographic Channel, start off all high-minded, but inevitably deteriorate into a trailer-park farce of bounty hunters, repo men, hoarders, flea-market hucksters and, now, preppers.)

Stockpiling survivalist theories

What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook.

Preppers are like hoarders with a clearly defined objective. They've got focus. Your average hoarder is an indiscriminate squirrel who stockpiles bottle caps or stuffed moose heads or — a classic — back issues of the National Geographic. Preppers, though, are preparing for a specific threat, real or imagined.

This week's featured prepper, Braxton Southwick of Salt Lake City (these guys are never from sane places like Minneapolis or Cleveland), is worried about a weaponized smallpox terrorist attack, so he's stockpiled 700 pounds of flour, 600 pounds of sugar, 800 pounds of wheat (it won't be a gluten-free apocalypse), plus water, gas, diesel fuel, biohazard suits, coal, charcoal, and eight chickens. Oh, and 14 guns so he can blast them bacteria to smithereens.

What's different about these guys from the earlier generation of survivalists, who just worried about commies, is that preppers have a techie take; they see the world as an increasingly fragile place because we're all so dependent on the power grid for our existence and Facebook. Which means, naturally, that Iran is at this very moment developing an electromagnetic pulse weapon that will shut that grid down and 747s will fall from the sky, à la Revolution, that popular FICTIONAL show on NBC.

These people are not an isolated incident. A National Geographic survey shows 28 per cent of Americans know a prepper, and, of course, there are prepper networks. (Mad jingle music: Oh I'm a prepper, He's a prepper, She's a prepper, We're a prepper, Wouldn't you like to be a prepper too!)

The Southwicks are part of a seven-family prepper pod who hunker down, er, go on vacation together.

Of course, the really sad thing is that even though these people are crazy, it doesn't mean they're crazy. A lot of the eye-rolling stopped after Hurricane Sandy. Instead of being forced to curl up on soggy mattresses, preppers were high and dry with their stockpiles and backup generators.

The latest threat? The re-election of U.S. President Barack Obama, which apparently means the economy will collapse and your debit card will be worthless.

Better start stockpiling those bumper stickers that say: Don't Blame Me, I Voted For Mitt Romney.

Braxton Southwick and his daughter Rylee are seen as they prepare for a smallpox epidemic in West Jordan, Utah. NATIONAL GEOGRAPHIC CHANNEL

Picture-perfect parody

LANCE ARMSTRONG/TWITTER

TWITTER

Internet memes

Armstrong tweets pic and gets panned

Lance Armstrong posted the provocative photograph of himself posing with seven framed Tour de France winners' jerseys on Twitter.

"Back in Austin and just layin' around," Armstrong wrote Saturday to accompany the image of him laying on a sofa below the framed jerseys in the media and games room of his Texas home.

The picture caused a flood of comical memes poking fun at Armstrong for the tweet.

METRO

Other memes

- **Going Dutch.** Holland midfielder Mark van Bommel poked fun at both Armstrong and himself with his own tweeted picture, substituting out the victory yellow jerseys with yellow cards. Earlier this season, van Bommel, who now plies his trade at PSV Eindhoven, became the first player in Eredivisie history to pick up a yellow card in each of the first five match days of a Dutch top flight season.
- **Hall of shame.** Another photoshopped image circulating the twittersphere shows portraits of pro golfer Tiger Woods, former U.S. president Bill Clinton, former California governor Arnold Schwarzenegger and Canadian ex-sprinter Ben Johnson. Woods lost numerous sponsorship deals following revelations of extramarital affairs. Claims of infidelity have also hit Clinton and Schwarzenegger, while Johnson lost his Olympic 100-metre title due to doping.
- **What am I on?** Armstrong did a Nike commercial in 2001, where he responds to the question "What am I on?" with: "I am on my bike, busting my a– six hours a day" reinforcing his belief that his body is the only thing he needs to win. A parody has since appeared on YouTube with a voice-over saying Lance was on banned substances.

Urine and you're out

Photo-enhancing technology

In this humorous Photoshopped picture, Armstrong's jerseys are replaced with images of performance-enhancing drugs and other narcotics, and a picture of a urine sample.

The U.S. Anti-Doping Agency ordered Armstrong banned from cycling for life and stripped of his Tour de France titles. The International Cycling Union, which had originally supported Armstrong's fight, later agreed to wipe out Armstrong's record titles last month.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Did you attend a Remembrance Day ceremony?

Twitter

@1stLineCenter:
I like that it's not freezing cold this morning, my @Southsiders scarf is keeping me warm, & I actually got a decent amount of sleep. Work!

@BrentButt:
"Junk Removal" sounds painful.

@JodieEmery:
Just got the new Canadian $20 bill; why did they make the Queen look so mean & angry? They actually drew lines for a furrowed brow! #cdnpoli

@Raffi_RC:
Facebook's New Anti-Bullying Tools Create a "Culture of Respect" http://mashable.com/2011/03/10/facebook-anti-bullying/ ... ... Culture of Respect is a @childhonouring term!!

@ItsRyanClayton:
The #ERASEbullying website is very focused on recognizing and reacting to bullying. Very little on preventing it from happening.

metro

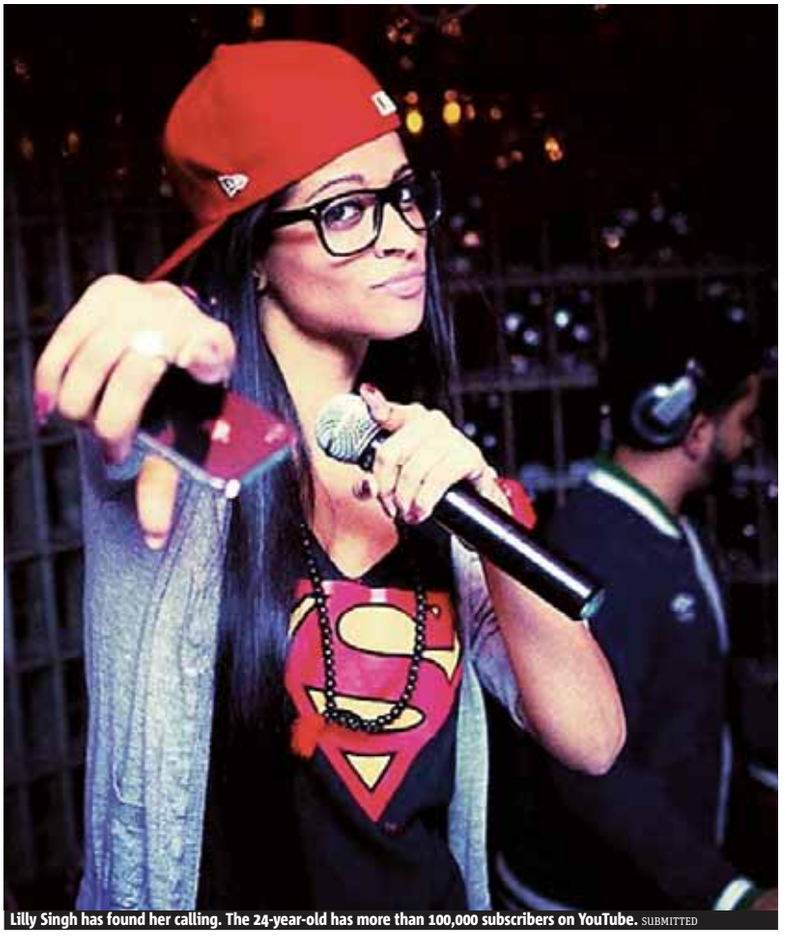
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** #250 - 1190 Homer Street Vancouver, BC V6B 2X6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

SCENE

Looking for a new career? You can be a professional YouTuber

Fame. If you can get noticed, you can make some cash off the video-sharing site

RITA POLIAKOV
scene@metronews.ca



Lilly Singh has found her calling. The 24-year-old has more than 100,000 subscribers on YouTube. SUBMITTED

Lilly Singh was supposed to be a lawyer. Or a psychiatrist. Or a TV sensation.

But not a YouTuber.

"When I was younger, YouTube didn't exist," said Singh, a 24-year-old based in Markham, Ont., with a psychology degree and a knack for editing videos. "I only properly started using YouTube four years ago."

About two years ago, Singh (known as Superwoman to her cyber fans) decided to post her first video — not for fame, but for fun. Now, she not only has more than 100,000 subscribers, but has created a career on the site.

And she's not alone.

Before 2005, there were few outlets for people like Singh.

Then the video-sharing site was formed by three former PayPal employees. In 2006, it was bought by Google Inc.

As more and more users started video blogging, the concept of a YouTuber was born.

Suddenly, those who could capture the attention of enough people could make money off the site.

According to Alhan Keser, a social media marketing expert, the process is fairly simple.

"After you get a certain number of views on your videos … Google starts to share ad revenue with you," he said.

While this process has changed through the years, it served Singh well.

"Initially, before YouTube changed the format, they'd send certain people the opportunity to monetize individual videos (meaning videos can display ads)," she said.

"Now, everybody who makes content can monetize a video, but not everyone is an official YouTube partner," Singh added.

Success on YouTube is about video views. The more views, the greater chance of becoming a partner, which provides users with extra tools to succeed on the site.

"Don't get me wrong," Singh said. "I'm not balling off YouTube. I'm just barely sustainable."

While she may not be rich, the YouTuber has found her calling.

"My dad still thinks I'm going to be a lawyer till this day. I sat (my parents) down and I'm like, 'Listen. This is what I want to do, but I promise you I'll do it well,'" Singh said.

And she has.

Her videos, which range from skits about living in an Indian household to rants about the difficulties of working out — "What if there's little people that live in our boobs, and every time we do jumping jacks it's like an earthquake for them?" — often get more than 100,000 views.

"(YouTube) has allowed people to express themselves in a way that wasn't achievable before," she said.

Tips

Lilly Singh, or Superwoman, as she's known on YouTube, turned her videos into a full-time career. So how do you capitalize on the site's potential? Singh and social media marketing expert Alhan Keser, of Blue Fountain Media share some tips.

- **Make videos people want to watch.** "Unless you create content people keep coming back to, it's not going to happen. Just like any publication, you've gotta be creating content that's relevant to your following," Keser said.
- **Promote yourself.** "To get the views, a good way to start is to use the promoted videos option. You pay a small amount for your video to show up for certain searches," Keser said. YouTube's keyword tool can also help ensure viewers find your videos.
- **Don't mind the haters.** "You can not let (mean comments) get to you. You need to really love what you're going to do and commit to it. Above all, believe (in) what you're posting," Singh said.

NEED TO LOSE 1" TO 3" FAST?
Feel comfortable in your own skin.

- Discover non-invasive Lipolaser & Eurowave. (Electro Muscle Stimulation)
- **Lipo Laser safely melts away FAT and CELLULITE from your waistline, legs, buttocks & love handles.**
- One 18 minute Eurowave Core session is equivalent to 200 - 500 perfectly formed sit ups.
- **Eurowave can also help Build, Tighten, and Tone and major muscle group.**

3335 West 4th Ave., in Kits | 604 904 0888 | www.vancouverlipolaser.com

N.A.T.C.M Hemorrhoids Centre
HEMORRHOIDS TREATMENT CENTRE

- Chinese Traditional Herbal Medicine
- Alternative to Surgery & Painful Injections
- Specialize in Healing Hemorrhoids, Fissure, Fistula, Polypus, Colonitis
- Full Recovery GUARANTEE
- Instant Results! No Waiting List! Start TODAY!

HOLIDAY EVENT 10% off FROM NOVEMBER TO JANUARY
CALL NOW FOR A FREE FREE CONSULTATION

778.330.6889 • www.natcm.ca
516-4538 Kingsway, Burnaby (Crystal Mall Office Tower, Please use HSBC bank entrance)

You Owe It To Yourself To Check Out This Powerful & Effective Alternative!

Stars shine even outside Twilight

IN FOCUS
Richard Crouse
scene@metronews.ca

For most people, Robert Pattinson and Kristen Stewart will always be the undead Romeo and Juliet of the Twilight series.

This weekend's The Twilight Saga: Breaking Dawn — Part 2 is their final bow as Bella and Edward, the last time we'll have to enjoy them complete with fangs and dreams of eternal love in the horror Harlequin series.

While the vampire movies contain their best-known roles, both have worked to establish themselves outside the Twilight universe.

Robert Pattinson struggled before beating out 3,000 others to land the role of 90-year-old vampire Edward Cullen. Labelled "the next Jude Law," he had small roles in several films, including Harry Potter and the Goblet of Fire, but a movie planned as his big breakout was a disappointment.

Cast as Reese Witherspoon's son in the 2004 drama Vanity Fair, his part was cut from the film for theatrical release. Not surprisingly, it was reinserted on the DVD once he became a household name. What is surprising is seven years later he played Witherspoon's lover in Water for Elephants.

Movies like the 9/11 drama Remember Me and the period piece Bel Ami haven't yet erased memories of his "fantastically beautiful, sparkly vampire," but he has five films lined up, including the thriller Hold on to Me opposite Oscar nominee Carey Muilligan, that he hopes will do the trick.

Best post-fang-banger role: Eric Packer, a 28-year-old billionaire money manager in Cosmopolis. The claustrophobic feel of the movie places a great deal of emphasis on Pattinson and he takes advantage of the up-close-and-personal cinematography to deliver a tricky performance that uses stillness to mask the boiling rage that exists beneath his stony veneer.

Kristen Stewart came to Twilight with a resume.

An actor since age eight, she had appeared in 17 films before perfecting Bella Swan's ennui-ridden eye roll. Despite saying, "I never wanted to be the centre of attention," she graduated from playing the Ring Toss Girl in The Flintstones in Viva Rock Vegas to substantial parts in Panic Room, opposite Jodie Foster, the Sean Penn-directed Into the Wild and headlining blockbusters like Snow White and the Huntsman.

Best post teen angst role: She brought her brooding Brando best to the role of Joan Jett in The Runaways, the true, tawdry tale of an underage all girl rock band — they billed themselves as genuine jailbait — spawned from the Sunset Strip's late 1970s seedy underbelly.

Robert Pattinson and Kristen Stewart star in the final Twilight movie: Breaking Dawn — Part 2. HANDOUT

the audience
TV SERIES SEEKING PARTICIPANTS!
Are you struggling with a life-changing decision?
Are you at a crossroads and need thoughtful advice?
The Audience would love to hear from you!
FOR MORE INFORMATION:
theaudience@forcefour.com
facebook.com/theaudiencecanada
FORCE FOUR

WIN CASH EVERY DAY OF THE YEAR!
NOW IN BC!
Heart&Stroke calendar lottery
WIN $3,000 EVERY DAY
Get your ticket to win daily.
For only $25, don't miss your chance to **win daily cash prizes every day of the year** starting January 1st, 2013. You can win again, and again and again. Buy your ticket today!
$10,000 EVERY WEEK
$20,000 EVERY MONTH
THE PERFECT GIFT FOR EVERYONE.
ORDER BY NOV. 29TH FOR HOLIDAY DELIVERY!
Give the chance to WIN this holiday season. Buy for family, friends, colleagues or teachers – it's the perfect gift that keeps giving every day of the year.
$25 EACH
BUY 3 FOR $70
BEST DEAL
BUY 6 FOR $125
$25 EACH
3 FOR $70
6 FOR $125
Buy now. 604-454-5088 Ext. 800
1-855-495-6101 Ext. 800
Order today at www.heartandstroke.bc.ca/calendar
EVERY CALENDAR SUPPORTS LIFE-GIVING HEART AND STROKE FOUNDATION RESEARCH.
HEART & STROKE FOUNDATION
™Heart&Stroke Calendar Lottery and Heart & Stroke Foundation are trademarks of the Heart and Stroke Foundation. ©Bank of Canada – bank note images used and altered with permission. For complete rules of play please visit www.heartandstroke.bc.ca/calendar or call 1-855-495-6101.
Chances are 1 in 395,000 (total tickets for sale) to win a grand prize.
BC Gaming Event Licence #43085
Know your limit, play within it.
Problem Gambling Help Line 1-888-795-6111
www.bcresponsiblegambling.ca
19+

0% FINANCING UP TO 84 MONTHS 0% LEASE AVAILABLE

2012 CHEVY CRUZE

NEW

EAGLE PRICE **$14,965**

$94 BW

#24242S

2012 CHEVY SILVERADO CREW

MSRP..... $33,995
SAVE..... $12,000

EAGLE PRICE **$21,995**

$135 BW

NEW

#27374A

2012 CHEVY SONIC LS

NEW

EAGLE PRICE **$13,965** OR **$89** BW

#21002S

2012 GMC TERRAIN

MSRP $31,370

NEW

EAGLE PRICE **$26,988**

#24750A

2012 CHEVROLET ORLANDO

MSRP $22,490

NEW

EAGLE PRICE **$17,988**

#25331S

2013 CHEVY EQUINOX

NEW

EAGLE PRICE **$27,988**

#34604A

2012 CHEVY SILVERADO LT 2500 CREW 4WD

MSRP $55,790

NEW

EAGLE PRICE **$44,998** OR **$276** BW

#28718A

2012 GMC YUKON 4WD

EAGLE PRICE **$34,988** OR **$215** BW

#4415

2012 GMC ACADIA 4WD

EAGLE PRICE **$28,888** OR **$179** BW

#4578

2012 CHEVY IMPALA

EAGLE PRICE **$15,988**

#4457

2012 CHEVY CAMARO LT

EAGLE PRICE **$27,988**

#4427

CASH FOR CLUNKERS

DO YOUR PART FOR THE ENVIRONMENT BY UPGRADING YOUR OLD VEHICLE TO A NEW PICKUP

WORTH UP TO **$3,000**

EAGLE RIDGE
Chevrolet | Buick | GMC

CHEVROLET BUICK GMC

2595 Barnet Highway, Coquitlam (2 blocks west of Coquitlam Centre)
OPEN 7 DAYS A WEEK!

SALES HOTLINE
1-888-699-4407
www.eagleridgegm.com

All prices are plus tax, levies & documentation fee of $495. Vehicles not exactly as illustrated. Financing on approved credit. All prices & payments are net of all incentives and are plus taxes, levies and $495 documentation. Vehicles not exactly as illustrated. Financing on approved credit. Biweekly payments are based on 96 months at 5.99%. APR 0 Down. TP- Sonic $18,926, Cruze $19,486, Silverado 1500 $27,909, Silverado 2500 $57,408, Yukon $44,720, Acadia $37,232 * - on select models.

EMS-1

PRE-OWNED CLEARANCE

1 GIANT USED VEHICLE LIQUIDATION

'02 CHEVY AVALANCHE 4WD

#4209 **$6,995**

'08 PONTIAC MONTANA SV6

BIG SELECTION

#3713 **$7,995**

'11 CHEVY MALIBU LT

BIG SELECTION

#4480 **$13,995**

'11 DODGE GRAND CARAVAN

LOTS OF CARAVANS

#4463 **$16,888**

'12 MITSUBISHI SPYDER CONVERTIBLE

BIG SELECTION

#4476 **$19,998**

'11 NISSAN PATHFINDER SV 4WD

LOTS OF 2011 & 2012'S

#4464 **$26,995**

'11 NISSAN XTERRA 4WD

ONLY 10 LEFT

#3895 **$22,995**

'09 GMC SIERRA EXT CAB 4WD

#4291 **$19,995**

'10 CHRYSLER TOWN & COUNTRY

ONLY 7 LEFT

#4212 **$15,995**

'11 INFINITI FX35 AWD

BIG SELECTION

#4420 **$36,988**

'12 DODGE DURANGO CREW 4WD

MASSIVE SAVINGS

#4436 **$32,988**

'11 DODGE CALIBER SXT

#4383 **$13,988**

'11 CHEVY SIVERADO 2500 CREW 4WD

DURAMAX DIESEL

#4227 **$41,988**

'10 TOYOTA COROLLA LE

#4366 **$12,888**

'10 NISSAN SENTRA

#4372 **$11,988**

'10 JEEP GRAND CHEROKEE 4WD

#4186 **$19,988**

'10 CHEVY EXPRESS 2500

#3330 **$19,888**

'09 PONTIAC VIBE

BIG SELECTION

#4651 **$9,888**

'08 FORD F250 CREW CAB

#3875 **$18,888**

'08 CHEVY UPLANDER

BIG SELECTION

#4122 **$7,995**

'06 FORD TAURUS

#4092 **$4,995**

'05 CHEVY SILVERADO EXT CAB

#8368 **$7,995**

'03 TOYOTA TUNDRA SR5 EXT CAB 4WD

#8269 **$11,995**

'06 CHEVY UPLANDER

WE HAVE 80 USED VANS TO CHOOSE

#4305 **$4,995**

GET APPROVED TODAY!

$10,000,000 in-house $$$ available

1-888-414-8042 www.ergmfinance.com

EAGLE RIDGE
Chevrolet | Buick | GMC

2595 Barnet Highway, Coquitlam

SALES HOTLINE
1-888-861-3841

DL#8214

All prices are plus tax, levies & documentation fee of $495. Vehicles not exactly as illustrated. Financing on approved credit.

0115426_65715005.PDF Date: Nov 05, 2012 18:11:15 Quicktrac Proof

Seven days, seven shows — all-access Rihanna

Upcoming album. Pop singer invites Metro along on tour as she prepares to release Unapologetic, her latest studio effort

KATARINA MATSSON
Metro World News

Today Rihanna's seven day tour starts — and Metro Sweden's reporter Katarina Matsson is joining her all the way.

"It will be the coolest thing I've ever done," Rihanna says.

Metro's reporter is part of a very exclusive crowd of the press and fans from all over the world that will board Rihanna's private plane in L.A.

"I'm so excited about the 777-tour. We will transform this jumbo jet into a tour bus. We will practically live in it for a week: Sleeping, partying, all together. Me, my fans, the press. ... It is going to be a wild ride." Rihanna says.

Quoted

"We will transform this jumbo jet into a tour bus. We will practically live in it for a week: Sleeping, partying, all together. Me, my fans, the press. ... It is going to be a wild ride."

Rihanna
Talking about her 777-tour

For seven days Metro will take you behind the scenes — in as many cities.

First stop is Mexico City and on Friday she performs in Stockholm.

Chris Brown will also be in Stockholm this weekend — rumour has it they are dating again, and Brown sings on one of the tracks of Rihanna's new album.

Rihanna is ready for the pace.

"I wanted this to become a rock 'n' roll-adventure, and when it is all over I believe it will be the coolest thing I've ever done," she says of the upcoming tour.

Rihanna is promoting her upcoming album Unapologetic. HANDOUT

American Express Presale

NELLY FURTADO
THE SPIRIT INDESTRUCTIBLE TOUR
WITH SPECIAL GUESTS:
DYLAN MURRAY
AND JESSICA TYLER
JANUARY 9, 2013
ORPHEUM THEATRE
AVAILABLE EVERYWHERE
NELLYFURTADO.COM / NELLYFURTADO

Advance tickets* on sale now
Until Thursday at 5pm to all American Express Cardmembers
Public Sale Starts: Friday November 16
CALL: 1-855-985-5000
FRONT OF THE LINE
americanexpress.ca/frontoftheline
ticketmaster.ca
Realize the potential

* Purchase must be charged in full to an American Express Card. Subject to availability and to event and ticketing agent terms, conditions and fees.
®: Used under license from American Express. Copyright ©: Amex Bank of Canada, 2012.

YOU COULD WIN
A COPY OF THE TARANTINO XX BLU-RAY™ COLLECTION!
TARANTINO XX
VISIT clubmetro.com TO ENTER
ALLIANCE FILMS
AVAILABLE NOVEMBER 20TH
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrovancouver

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift. PHOTOS: GETTY IMAGES

Taylor Swift doesn't want to wear the pants in a relationship

Taylor Swift has certainly had enough relationships in the last few years to get a sense of what she's looking for, and it turns out she sometimes just wants to be told what to do.

"If I feel too much like I'm wearing the pants, I start to feel uncomfortable and then we break up," she tells Harper's Bazaar.

"It's wonderful to hand over the reins to your boyfriend when you control so much of these big, high-pressure decisions, you know? That is a huge factor in who you choose to be with."

Clock ticking on Bieber, Gomez getting back together?

While Justin Bieber fans are still in shock over his split from Selena Gomez, there might be good news for them on the horizon.

It appears the pair met up on the sly at the London Hotel in New York City this week, according to Hollyscoop. Bieber was spotted slipping into the hotel a few hours after Gomez checked in, and she later left with a Bieber pal, Alfredo Flores, while Bieber himself reportedly snuck out the back entrance with Gomez's bodyguard.

And besides, both are expected to attend this weekend's American Music Awards, so the clock is ticking for a reconciliation.

Lohan ditches Walters interview to go on Leno

Barbara Walters

Barbara Walters is "disappointed" that Lindsay Lohan's new PR team canceled their planned 20/20 interview — especially now that Lohan has announced she'll sit down with Jay Leno for the Tonight show next week.

"I think to go on Jay Leno and be adorable and amusing, there's still all the problems," Walters says on The View, adding that her chat with Lohan "would have been a wonderful interview. She could have set a lot of things straight. I think it could have helped her."

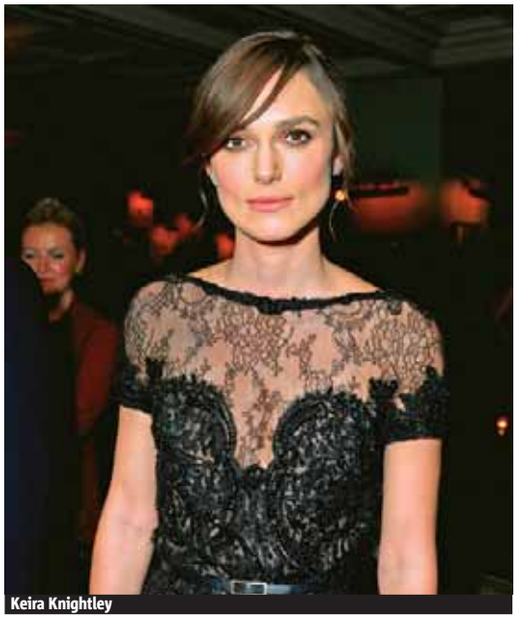
Twitter

@aplusk
What is the most useful app on your phone?

@katyperry
I finally turned the faucet back on and it's a flowing... Well well well

@ParisJackson
had soooo much fun at disneyland today!!

@SteveMartinToGo
Latest poll shows that many American believe that Abraham Lincoln is the current president who just made a movie.



Keira Knightley

Keira Knightley comfortable with some nudity

Keira Knightley has a simple set of rules for how much skin she'll show on camera, and going topless isn't a problem for the British actress.

"I'm quite rigorous about what gets exposed," she tells Allure magazine.

"No bottom half! I don't mind exposing my (breasts) because they're so small — people really aren't that interested."

The magazine appears to disagree, using a topless photo of Knightley, carefully shielding her chest with her arms, for the cover.

Emma Stone officiates wedding for her publicist, director

Emma Stone may not be ready to talk marriage with Andrew Garfield, but she's definitely up for helping friends get hitched.

The Amazing Spider-Man star officiated the wedding of her publicist, Holly Shakoor, to her Zombieland director, Ruben Fleischer, over the weekend in Ojai, Calif., according to Us Weekly.

"She was very eloquent and composed and didn't seem nervous at all," a source says. "(Shakoor and Fleischer) always credited Emma with them finding each other, so having her officiate the wedding was a no-brainer."

Emma Stone

Heart & Stroke
calendar lottery
WIN
$3,000 EVERY DAY
$10,000 EVERY WEEK
$20,000 EVERY MONTH
The survey says...
What is the nicest thing anyone has ever done for you?
For a birthday about 12 years ago, I had to miss a concert of one of my fave bands. My best friend went to the show, and had the singer call me for my birthday. Still the best gift ever. (I am now friends with the singer so it was all the more special as it led to our friendship). – Jennifer N.
Metropolitan Panel
$25 EACH
3 FOR $70
6 FOR $125
Buy now 604-454-5088 Ext. 800
1-855-495-6101 Ext. 800
Order today at www.heartandstroke.bc.ca/calendar
EVERY CALENDAR SUPPORTS LIFE-GIVING HEART AND STROKE FOUNDATION RESEARCH.
HEART & STROKE FOUNDATION
Please visit www.heartandstroke.bc.ca/calendar or call 1-855-495-6101 for complete rules of play. ™Heart&Stroke Calendar Lottery and Heart & Stroke Foundation are trademarks of the Heart and Stroke Foundation. ©Bank of Canada - bank note images used and altered with permission.
Chances are 1 in 395,000 (total tickets for sale) to win a grand prize.
BC Gaming Event Licence #43085
Know your limit, play within it.
Problem Gambling Help Line 1-888-795-6111
www.bcresponsiblegambling.ca
19+

5 spots to go wild

Want to see your favourite animal outside the zoo?
Here are the best places to track down some of the world's most exciting beasts.

EMMA E. FORREST
Metro World News

1 Lemurs in Madagascar

The world's fourth-largest island of Madagascar has unique and exotic flora and fauna that has evolved since it became isolated more than 160 million years ago, and its most iconic species is the lemur. There are more than 30 kinds of this cute primate living on the island. Stay at Vakona Lodge and you can go on expeditions into the local rainforests to find nocturnal and daytime lemurs including the Indri Indri, Diadem Sifaka and mouse lemur. The Lodge also has a private reserve on an island, which is home to black and white ruffed lemurs and eastern lesser bamboo lemurs that have been rescued from captivity. aardvarksafaris.com.

2 Kangaroos in Australia

Want to spot a kangaroo bouncing in the wild? The best place to find them is Kangaroo Island, South Australia, a short flight from the city of Adelaide. The island broke free from the mainland 10,000 years ago and there's even a unique sub-species of kangaroo there as well as the regular 'roos. A third of this island is preserved as a national conservation park, and it's a bit like a zoo without enclosures, with many of the country's native creatures roaming free, including wallabies, koalas and spiny short-beaked echidnas. You'll also find whales, dolphins, penguins and seals along its 500 kilometres of shimmering coastline. southaustralia.com

3 Leopards in South Africa

For the best sightings of leopards languishing in the trees, the best place is Sabi Sand, the oldest private reserve in South Africa and home to a huge wealth of Africa's most exciting animals, including lions, cheetahs, giraffes and, of course, leopards. It's also the setting for some of the country's most glamorous lodges. Their expert trackers will take you by four-by-four to hunt down leopards to shoot — with your camera, of course. For a honeymoon, stay at a lodge in the Singita Sabi Sands concession, where you can recover in plush surroundings after getting up at 5 a.m. to look for leopards. singita.com

4 Pandas in China

Remember those adorable pandas you saw on the news when they were relocated after the huge earthquake in Sichuan province in 2008? All 18 of them have just returned to eat their bodyweight in bamboo at the Wolong Nature Reserve, 100 kilometres from Chengdu city, where they live in large, newly-rebuilt enclosures. You can hold panda babies and spend a couple of days volunteering to look after them there or at Bifengxia Panda Reserve where the Wolong pandas stayed after the quake. It's only a two hours drive from Chengdu, and visitors can see adult and baby pandas in an enclosure as well as explore the reserve's stunning landscape. thechinaguide.com

5 Orangutans in Borneo

Love a flaming redhead? Then you probably love orangutans. You can find them in the wild and in rehabilitation centres in the Malaysian island of Borneo. The best place to track them down is by following one of the trails in the Danum Valley Conservation Area or by boat along the Kinabatangan River at the Kinabatangan Wildlife Sanctuary in Sabah, where you'll also see crocodiles, proboscis monkeys and elephants. The shaggy beasts also roam free at the rehabilitation centre in Kubah National Park in Sarawak, and you can join a ranger on a jungle tour to visit them. tourism.gov.my

The Airfare Experts.

Every Destination. Every Airline.

FLIGHT CENTRE®

Unbeatable

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!†

Sun Airfares

Maui
from $459*

Los Cabos	from $448
Honolulu	from $461
Puerto Vallarta	from $545
Cancun	from $595

Airfares

Las Vegas
from $189*

Los Angeles	from $303
San Francisco	from $395
San Diego	from $399
Phoenix	from $408
Miami	from $491
Toronto	from $586
Costa Rica	from $790
Hong Kong	from $899
Lima	from $991
Manila	from $999
Bangkok	from $1089
Dubai	from $1299
Sydney	from $1349
London Christmas	from $1527

Hawaii

Maui Air + 7 Nights
from $1067
INCLUDES Kihei accom near the beach.

Honolulu Air + 7 Nights — from $879
INCLUDES accom near Waikiki Beach.

Hawaii Island Hopper
Air + 7 Nights — from $1239
INCLUDES all airfare, 3 nights Maui accom and 4 nights Waikiki accom.

Short Breaks

Tofino
Storm Watching, 2 Nights
from $184 pp
INCLUDES accom at Mackenzie Beach near the Village of Tofino.

Harrison Hot Springs
2 Nights — from $119 pp
INCLUDES accom near Harrison Lake.
UPGRADE to 4-star accom from $16 per night.

Seattle Black Friday Shopping
2 Nights — from $159 pp
INCLUDES downtown accom near shopping.
UPGRADE to 4-star from $6 per night.

Whistler New Year's Eve
2 Nights — from $395 pp
INCLUDES Village accom over New Year's Eve.

Canada

Quebec City
Winter Carnival
Air + 3 Nights 4-Star
from $769
INCLUDES accom in the Old City during the Winter Carnival. ADD guided city tour from $50.

Toronto Air + 4 Nights 4-Star — from $719
INCLUDES downtown accom. UPGRADE to 5-star accom from $50 per night. ADD Niagara Falls day trip from $153.

All-inclusive Vacations

Riviera Nayarit
7 Nights 4-Star
from $757

Los Cabos 7 Nights 4-Star	from $809
Puerto Vallarta 7 Nights 4-Star	from $864
Varadero 7 Nights 4-Star	from $924
Mazatlan 7 Nights 5-Star	from $935
Punta Cana 7 Nights 5-Star	from $1045
Riviera Maya 7 Nights 4.5-Star	from $1129
Panama 7 Nights 4-Star	from $1362

Long Stay Vacations

Cancun
Air + 21 Nights
from $1659
INCLUDES accom at a beachfront resort in Cancun's hotel zone.

Australia Air + 21 Nights — from $3399
INCLUDES apartment-style accom near Sydney's famous Bondi Beach. ADD 5-in-1 Attraction Pack from $144.

Vacations

Prague
Christmas Markets
Air + 7 Nights
from $1699
INCLUDES accom near the Novy Smichov shopping and entertainment centre. BONUS daily breakfast included. UPGRADE to 4-star accom from $26 per night. ADD castle tour from $59.

Bali Air + 10 Nights — from $1834
INCLUDES Ubud accom at the edge of the sacred Monkey Forest Sanctuary. UPGRADE to 4-star accom from $27 per night.

Las Vegas

Las Vegas
Air + 3 Nights
from $341
INCLUDES 3-star accom on the Strip.

3.5-Star	from $363
4-Star	from $374
4.5-Star	from $417
5-Star	from $472

Cruise & Stay

Las Vegas
Air + 3 Nights + 3-Night Cruise
from $819
INCLUDES all airfare, accom on the Las Vegas Strip and Pacific Coastal cruise from Los Angeles to Vancouver. UPGRADE to 4-star accom and an oceanview stateroom from $22 per night.

USA

Phoenix Air + 3 Nights
from $441
INCLUDES 1-bedroom self-contained accom only 3 blocks from Old Town Scottsdale.

Anaheim Family Special
Air + 3 Nights — from $287◊
INCLUDES accom near theme parks. Price per person based on family of 4.

Palm Springs
Air + 3 Nights 4-Star — from $390
INCLUDES Palm Desert accom near attractions.

San Francisco Air + 3 Nights — from $579
INCLUDES Fisherman's Wharf area accom.
ADD San Francisco Citypass from $78.

Whistler Vacation

Whistler
Christmas Weekend, 2 Nights
from $299 pp
INCLUDES self contained Village accom the weekend before Christmas. ADD 3-day Whistler/Blackcomb lift ticket from $237.

flightcentre.ca
More great deals online!

Visit us in store.
170 stores across Canada.

Join our Insider Club for hot deals. Text **YVR** to **131 600**

1 877 513 5444
850 Travel Experts across Canada.

All advertised prices include taxes & fees.

*Conditions apply. Ex: Vancouver. *Ex: Bellingham. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person based on quad occupancy (2 adults & 2 children ages 2-17). †We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #H02790*

Soak up the sun in Portugal's Azores

Stunning views.
Set in the middle of the Atlantic with a subtropical climate, this is the place to hit up this winter

REBECCA FINKEL
life@metronews.ca

You can be forgiven for never having heard of the Azores. On the travel shelves of most bookstores, titles will skip straight from Australia to the Bahamas. But this tiny archipelago in the middle of the Atlantic is overdue to become a destination for travellers seeking unspoiled subtropical terrain that wears its history on its sleeve.

What to see

The first thing you'll notice is the many shades of Azorean blue: the clear sky, the persistently blooming hydrangeas and morning glories, and the deep turquoise ocean stretching undisturbed for more than a thousand miles in all directions. Each island has its own geographical marvels, such as the 7,713-foot-high dormant volcano that gives Pico Island its name and the hikeable lava tunnels beneath, as well as the steaming hot springs in Sao Miguel.

What to do

Because of the variety of terrain, there's plenty to do, from hiking to scuba diving. If you're drawn to the water, the Azores has plenty of public swimming areas carved into the craggy basalt shoreline. And this former whaling capital now draws some of the Atlantic's best whale and dolphin watching. With nine islands to explore, it helps to consult a company that customizes tours to your interests and abilities. We like Picos de Aventura (picosdeaventura.com) in Ponta Delgada and A-Abegoaria (a-abegoaria.com), serving the island of Pico.

What to eat

"Meat or fish?" is often the question come dinnertime. Because of its location, seafood is the centrepiece of many Azorean menus. But beef from the island's free-roaming cattle is also a good bet. Some of the best restaurants are tiny, side-street cafés, where the prato do dia (dish of the day) and a glass of local wine will only set you back five euros.

Where to stay

Aldeia da Fonte's rambling seaside property includes a private seaside bathing area, a spa and an old whaling lookout tower. Be sure to enjoy a glass of local vino verdelho at the lovely outdoor bar (aldeiadafonte.com).

These horses enjoy the views the Azores offers. MWN

Azores — an escape from the winter. MWN

HILTON HHONORS
HHonors.com
EXPERIENCES WORTH SHARING
Vancouver, Canada
GIVE YOURSELF
1,000 REASONS
TO JOIN HILTON HHONORS.
JOIN HILTON HHONORS TODAY AND YOU COULD EARN UP TO 5,000 BONUS POINTS IN ONE LONG WEEKEND.
Pile on the points with the 1,000 Reasons promotion from Hilton HHonors™. Join today and sign up to earn 1,000 Bonus Points per night for every Thursday, Friday, Saturday, Sunday and Monday night you stay. Simply sign up and stay now through December 31, 2012, at participating hotels and resorts in the Hilton Worldwide portfolio. Join today and make your weekends count for more with HHonors.
SIGN UP AT HHONORS.COM/1000REASONS
©2012 Hilton Worldwide
WALDORF ASTORIA
CONRAD
Hilton
DoubleTree
Embassy Suites
Hilton Garden Inn
Hampton
Homewood Suites
Home2
Hilton Grand Vacations
HILTON HHONORS
You must be an HHonors member and first register at www.HHonors.com/1000Reasons prior to check-out of your first eligible stay between November 1 and December 31, 2012 ("Promotion Period"). Registered HHonors members will earn 1,000 HHonors Bonus Points for each night stayed between Thursday and Monday nights during the Promotion Period. For a list of non-participating hotels and the full terms and conditions of this offer, please visit the registration page, www.HHonors.com/1000Reasons.

Skip the store-bought stuff and make the quintessential fall treat at home

Did you know that small "pie" pumpkins are now available at many farmers markets so you can savour locally grown harvest flavour?

Start the savouring with this recipe, but be careful not to overbake it or the filling will dry out and crack.

Ingredients

- 1 small pie pumpkin
- 2 eggs
- 50 ml (1/4 cup) granulated sugar
- 45 ml (3 tbsp) brown sugar
- 7 ml (1 1/2 tsp) ground cinnamon
- 5 ml (1 tsp) ground ginger
- 1 ml (1/4 tsp) grated nutmeg
- 1 ml (1/4 tsp) salt
- 22 ml (1 1/2 tbsp) brandy (optional)
- 150 ml (2/3 cup) 35 per cent whipping cream
- 23-cm (9-inch) pie crust, partially baked in advance

1. Preheat oven to 180 C (350 F). Then cut pumpkin in half; scrape away seeds and fibre and place cut side down on an oiled baking sheet. Cover with foil and bake until very tender. Timing will vary from 35 minutes to more than an hour depending on the size and density of the pumpkin. Let pumpkin cool, then remove peel and mash until very smooth. If you wish, force puree through a fine-meshed sieve for extra smooth texture. Let cool and refrigerate. Set aside 375 ml (1 1/2 cups) pumpkin puree for this 23-cm (9-inch) pie; any extra can be frozen for future use.

2. In a large bowl, using an electric mixer on medium speed or with a whisk, beat eggs and both sugars together until combined and smooth and pale in colour. Add pumpkin, cinnamon, ginger, nutmeg and salt. With electric mixer or using a wooden spoon, stir to combine. Fold in cream and brandy, if using.

3. Place pie plate lined with partially baked pastry shell on a baking sheet. Fill with pumpkin mixture. Bake in a 180 C (350 F) oven until pastry is golden and filling is just set, 40 to 45 minutes. Let stand for 10 minutes.

4. Serve at room temperature or chilled, perhaps with a spoonful of sweetened vanilla or brandy-flavoured whipped cream on the side. THE CANADIAN PRESS/ ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE, 2009)

The Best Pumpkin Pie

This recipe serves six. THE CANADIAN PRESS HANDOUT

Drink of the Week

Cold Pumpkin Pie Cocktail

Pumpkin pie is the perfect fall treat. This delicious drink pays homage to it with tasty vanilla vodka and Baileys Irish Cream.

- 2 oz vanilla vodka
- 1/2 oz pumpkin spiced syrup
- 3/4 oz lemon juice
- 1/2 oz Baileys Irish Cream
- 1/4 oz Frangelico

Shake all of the ingredients hard and strain them into a cocktail glass. Garnish the top with a dash of cinnamon.

METRO WORLD NEWS/ COLIN MAXWELL, ABE & ARTHUR'S IN NEW YORK

This recipe makes six dozen cookies. THE CANADIAN PRESS H/O

Pumpkin Almond Cookies. Pair them with coffee or a cup of hot chocolate

Ingredients

- 625 ml (2 1/2 cups) flour
- 5 ml (1 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 5 ml (1 tsp) nutmeg
- 5 ml (1 tsp) cinnamon
- 125 ml (1/2 cup) each butter and almond butter
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) brown sugar
- 1 egg
- 250 ml (1 cup) reduced pumpkin puree (reduce in a pan over medium heat, stirring frequently, for at least an hour, until colour becomes a deep brown)
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) diced almonds, toasted
- 250 ml (1 cup) chocolate chips

1. In a medium bowl, mix together flour, baking soda, salt and spices; set aside.

2. In bowl of an electric mixer, cream together butter, almond butter and sugars until light and fluffy. Add egg, pumpkin and vanilla and mix until just combined. On medium-low speed, add flour mixture until fully incorporated. Remove bowl from mixer and stir in almonds and chocolate chips.

3. Drop teaspoonfuls onto a greased or lined cookie sheet and flatten slightly with the back of a spatula. Bake in a 180 C (350 F) oven for 15 minutes or until lightly browned. Transfer cookies to a wire rack to cool completely. THE CANADIAN PRESS/ ALMOND BOARD OF CALIFORNIA

Share your HALLS. Not your cough.

HALLS

For the temporary relief of cough. Always read and follow the label.

We'll all feel better.

Bring business to life, for life

Help clients sign any line that will make their business shine. ISTOCK

Developing dreams. This exciting line of work requires brains, brawn and an entrepreneurial spirit

HERBERT LUI
TalentEgg.ca

There's an extremely important function in a business that has gained a lot more prominence lately. The words "business development" are starting to pop up more and more. Even more relevant is an organization's willingness to let young workers and interns participate in this function.

Fundamentally, as the name suggests, business development is about growing a business. In larger companies, this means creating a very high-level vision, and developing the relevant strategies for the company to reach that vision.

There's often a mix-up that happens in people's minds between business development roles and sales roles. "The confusion happens because with startups, those two stages are the same. In comparison to the early days of brute force selling, companies gradually need to start looking at growing at a more strategic level," explains Jet Cooper co-founder and director of business development Satish Kanwar.

In smaller startups, a lot of business development is essentially intertwined with sales, because that's the healthiest way for smaller organizations to grow. Customer acquisition, especially in the early stages of a company, is a crucial task to a young company — both in terms of cash, but also in terms of idea validation and increasing its appeal to potential investors or acquirers.

"Business development determines how much of the business will grow, and where that growth will come from, and defines the approach to capturing that growth," elaborates Kanwar. "Sales creates the relationships with customers or users in order to align them to that product or service. Sales is the execution of the plan; business development is the creation and focus, and measurement, of that plan."

Business development, as a whole, is very much about exploring the unknown. Creativity is crucial to this role. Similarly, focus is important. Business development people can't afford to spend their time in random meetings. Instead, they need to work with brands that have momentum.

Excellence in business development also comes in the form of a quality that a lot of successful business development people share. The term hustling refers to a trait that is extremely valued, particularly by individuals looking to recruit for business development. There isn't one standard definition of hustling, but essentially hustling is about working hard, being resourceful, and making results happen on time.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

I'm a hustler, baby

Those of you interested in a business development role may be curious to see if you'd fit in well. Vino Jeyapalan, who was a business development account manager at mobile advertising startup Kiip, highlights these principles as essential:

- **The results show**: A business development role absolutely requires delivery of promised results — if you like the challenge and work best under this bit of pressure, then this will be a good role for you.
- **Build quality relationships:** Clients aren't just prospects with names — they're human beings. It's important not to only sell your product, but to also sell your personality traits and your delivery of services for the client.

What does it all mean?

"Business development determines how much of the business will grow, and where that growth will come from."

Satish Kanwar
Co-founder and director of business development of Jet Cooper

ALGONQUIN COLLEGE | Centre for Continuing & Online Learning

FULL-TIME ONLINE PROGRAMS

Autism and Behavioural Science
Business - Accounting
Business - Marketing (Year 1*)
Business Administration - Accounting
Business Administration - Human Resources
Child and Youth Worker (Year 1*)
Community and Justice Services (Year 1*)
Construction Project Management
Early Childhood Education
Fitness and Health Promotion (Year 1*)
Forensic Accounting and Fraud Investigations
General Arts and Science - Pre-Business
Office Administration - General
Performance Coaching
Police Foundations (Year 1*)
Technical Writer

Programs indicated with an (*) are online for year one only. The remainder of the program must be completed on campus.

Apply now to start full-time online this winter.

algonquinconnected.com/ftol

ADLER.

FOR COMMUNITY HEALTH.

Now offering a Psy.D. in Clinical Psychology

OPEN HOUSE
Saturday, November 17
1-2:30 pm
RSVP
vanadmissions@adler.edu

The Adler School is founded on an important idea: Our health resides in our community life and connections. This is what drives our ground-breaking curricula and commitment to community health.

We work with those who are courageous enough to want to change the world. Our master's degrees in Counselling Psychology, Community Psychology, and Organizational Psychology prepare students with the theory and practice to become agents of health and social change.

We are also pleased to announce a new doctoral degree in Clinical Psychology. We are now accepting applications for the Fall 2013 term. Contact admissions to learn more.

The Adler School — Leading Social Change. Apply today.

ADLER SCHOOL

adler.edu
Adler School of Professional Psychology
Suite 1200, 1090 West Georgia St., Vancouver, BC V6E 3V7

Student voice

A rough go after graduation

Harmanmeet Garg
Graduate, Computer networking
Humber College
TalentEgg.ca

I came to Canada as an international student and studied computer networking at Humber College in Toronto. Then I moved to Winnipeg to settle and get permanent residency because it's easier to get permanent residency in Manitoba than in Ontario.

When I graduated, I applied for lots of jobs and I am still applying — every day I apply for 20 to 25 jobs online, and on weekends I hand out my resumés at stores.

I have the computer knowledge, excellent mathematical, data entry, multitasking and interpersonal skills, and I am hard-working, but I have received no replies to my applications.

What I'm doing now

I am working full-time at Wendy's, where I am doing my best to get promoted because I don't want to work on a grill dropping meat patties for $10 an hour. I respect every job and profession, but it's not my career interest. Plus, I am only earning about $1200 per month and I need money to pay back my student loan. I am well qualified and I do my best in a job, so I am trying to get a job with a good salary in a good company.

My advice for students

My advice is choose what you study according to your interests and study hard, because when you graduate it matters a lot how well you studied.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE.

BRIGHTON COLLEGE Your future is bright.

What's your Dream Job?

Learn from Top Industry Professionals!

- 100% Practicum Placement
- 85% of Graduates Get Industry Jobs
- Vancouver and Burnaby Campuses
- Immediate Start Dates

Computerized Accounting | Payroll

You're good with numbers. You enjoy working with data, are detail-oriented and like the idea of becoming a leader in a challenging and popular industry. You want to advance you career.

Brighton College has the perfect Accounting and Payroll programs for you, giving you the hands-on training experience for a career as a:

- Payroll Administrator
- Accounting Clerk
- Tax Analyst
- Data Entry Clerk
- Bookkeeper
- Tax Preparer

604.901.5121 www.brightoncollege.com

Discover careers at VCC

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
Adult upgrading Wednesday, Nov. 14, 4 p.m. – room 1227	Broadway
Hair design & Skin and body therapy (esthetics) Wednesday, Nov. 14, 4:30 p.m. – room 201	Downtown
English as a second language & ESL community classes Wednesday, Nov. 14, 6 p.m. – room 1227	Broadway
Legal administrative assistant Thursday, Nov. 15, 3:30 p.m. – room 618	Downtown
Employment Skills Access Monday, Nov. 19, 1:30 p.m. – room 237	Downtown
Dental reception Monday, Nov. 19, 5:30 p.m. – room 501	Downtown
Transportation trades Tuesday, Nov. 20, 11 a.m. – lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL) Tuesday, Nov. 20, 12 p.m. – room 518	Downtown
American Sign Language (ASL) and Deaf studies Wednesday, Nov. 21, 6 p.m. – room 2555	Broadway
Hospitality management diploma Wednesday, Nov. 21, 6:30 p.m. – room 419	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

VANCOUVER COMMUNITY COLLEGE

View all VCC info sessions and tours

www.vcc.ca

skilled immigrant infocentre
Vancouver Public Library
Central Library, Level 4
350 West Georgia Street
Phone: 604-331-3624
Web: skilledimmigrants.vpl.ca
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library
BRITISH COLUMBIA The Best Place on Earth
Canada
Funded by the Government of Canada's Foreign Credential Recognition Program

Skills Connect For Immigrants Program
WANT A JOB THAT USES YOUR SKILLS AND EXPERIENCE?
We Can Help Put Your Skills To Work!
Call Us To Find Out More About:
Language Development, Training, Job Search and Connecting to Employers!
TRAINING innovations
604.298.4720
www.skillsconnectbc.com
Canada BRITISH COLUMBIA WelcomeBC
The Skills Connect for Immigrants Program is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columbia.

COMPLETE A CANADIAN DIPLOMA!
CO-OPS AVAILABLE
Global Trade & Marketing
Health Care/Nursing Exam Prep (RN/LPN)
Hospitality & Tourism
Computerized Accounting Diploma
ULI Universal Learning Institute
(604) 248-1242 · ULICANADA.COM

COLUMBIA COLLEGE offers:
• First & second year university programs for transfer to University of British Columbia, Simon Fraser University, University of Victoria and other major Canadian universities
• Associate of Arts and Associate of Science degrees
• University Foundation Programs (Grade 11 and 12)
• Academic ESL Program
APPLY NOW FOR WINTER SEMESTER
Winter Semester, January 8 to April 12, 2013
500-555 Seymour Street
Vancouver, B.C. V6B 6J9
Tel: 604-683-8360 Fax: 604-682-7191
Email: admin@columbiacollege.ca
www.columbiacollege.ca
Columbia College
Established 1936

Pitch perfect: Selling the professional self

A CV for sales.
It's a position that calls for impeccable presentation, so give that resumé a serious once-over

LEAH RUEHLICKE
TalentEgg.ca

If you're looking to enter the sales industry, your first task will be effectively selling yourself through your resumé.

After all, if you can't submit a convincing pitch or create an effective sales document, employers probably won't take you seriously for an entry level sales job.

Lidia Cords, human resources and talent acquisition manager at Collective Point of Sale Solutions in Toronto, offers some tips and best practices on how to ensure you make that sale:

Sales resumé No. 1: Have an objective

Including a relevant objective confirms to a potential employer that you know which job you're applying to and have made efforts to personalize your resumé for that position. You can even mention the name of your desired role in the objective.

That being said, having no objective is better than having a general objective. "So often objectives don't make sense to the role you're applying to and you can lose credibility that way," Cords warns.

Sales resumé No. 2: Be relevant and specific

"The way you showcase your experience is what's going to set you apart," Cords says. For example, imagine two resumés with the same experience at a fast food restaurant. If one candidate lists very simply what their role was, while the other elaborates that they often worked the drive-thru and consistently beat the time allotted for each order, it's easy to see which resumé an employer is going to be more drawn to.

Sales jobs are often about meeting goals and achieving targets, whether that's in terms of dollars and cents, contacts made, meetings booked or other metrics, so it's essential that you find ways to demonstrate that you are results-oriented in your resumé.

Demonstrating that you are a results-oriented individual is imperative in landing that sales job. ISTOCK

Furthermore, not all students and new grads have a lot of direct sales experience, but there are many ways you can tap into other experiences you've had and relate them to sales.

You might have worked for your school's alumni association conducting cold calls to potential donors, for example. This would allow you to showcase your ability to communicate and negotiate with people, and express your experience making outbound calls. "This is a skill you really want to highlight for a sales job," Cords says. "You really want to pull out the relevant skills that make sense for the job you're applying to."

Sales resumé No. 3: Use keywords

The sales industry, like any field, requires candidates with particular strengths. Use words and phrases such as:

- self-motivated
- results-oriented
- competitive
- outgoing
- hard working
- driven

Then explain why these words describe you using real examples. For example, including your extra-curricular experience on a sports team will demonstrate your competitiveness. Writing about your leadership role on a committee at school shows your hard-working nature.

"Keywords are important," Cords says. "Really review the job that you're applying for and emphasize their criteria on your resumé."

Sales resumé tip No. 4 Be eye-catching and error free

Every recruiter is going to have a personal preference as to what really catches their eye, but something that all hold as absolutely vital is a resumé that is easy to read. "If a resumé is hard to read and you can't see those keywords quickly, you might get bypassed," Cords says.

Cords also emphasizes the importance of ensuring you have zero mistakes in the spelling and grammar department.

Another tip? Present your resumé in a PDF file rather than a Word document (unless otherwise specified, of course — pay close attention to what the employer is requesting).

When an employer opens up your resumé on a Word document, they're going to be presented with all of those oh-so-eye-appealing red underlines. Even if you have nothing spelled wrong, the name of a company or even your own name is bound to get noticed by the spell checker.

"This brings attention to those things rather than your experiences and what is actually important," Cords says.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

Before you send it off...

There are some little things that one might not even think about when submitting a resumé, but when you're reviewing an endless pile, these things start to get noticed:

- Ensure your contact information is correct.
- If you live outside of the city in which you are applying to, make sure you say in your cover letter that you are re-locating.
- If you are continuing your education and list this on your resumé, again use your cover letter to explain your status. Many employers may assume you are a full-time student, so if you're applying to a full-time job, this might cause your resumé to get passed on. A quick note in your cover letter that you are "taking a night class in (area of study)" should clear things up.

WagJag.com

GET DEALS ON THE GO!

iPHONE APP ANDROID APP

50-90% Off Local Daily Deals

Buy For:

$24

$24 TO CREATE YOUR OWN WILL AT FORMALWILL.CA (A $49 VALUE)

FORMALWILL.CA

BUY FOR: $19

62% OFF PERSONALIZED CHILDREN'S BOOKS

PERSONALIZED BOOKS ONTARIO

MULTIPLE OPTIONS AVAILABLE

UP TO 70% OFF SWAROVSKI ELEMENTS JEWELLERY

STARLITE ACCESSORIES

BUY FOR: $66

51% OFF A MAPLE SYRUP GIFT BOX

JAKEMAN'S MAPLE FARM

Jaunt.ca

Revolutionary Cruise through the Western Caribbean

RCI Freedom of the Seas, Western Caribbean Cruise

$659 + $165 TAX Buy before November 22, 2012

Follow us: facebook.com/GoJaunt @GoJaunt

- Price per person, based on double occupancy
- Departure Date: 1/5/2014 • Exclusively provided by Encore Cruises

All offers subject to availability & other conditions. Please visit www.jaunt.ca for details.

tico.ca Fulfillment services provided by Jaunt.ca Inc. 590 King Street West, Suite 600, Toronto, Ontario, M5V 1M3 TICO Registration No.: 50020132

Visit: WagJag.com

Follow us: facebook.com/wagjag @wagjag

DETERMINE YOUR RISK

CANRISK QUIZ CAN HELP PREDICT YOUR ESTIMATED RISK OF TYPE 2 DIABETES

ISTOCKPHOTO/THINKSTOCK

It's a little known fact that more than one million Canadians who are living with type 2 diabetes don't even know they have it, and many others are at risk of developing it.

Thanks to an easy 11-step Canadian Diabetes Risk (CANRISK) questionnaire that takes mere minutes to complete online, you can learn your estimated risk of developing pre-diabetes or type 2 diabetes.

"Knowing your risk can help you make healthy choices now that will reduce your risk of developing diabetes," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Type 2 diabetes, the most common form of the disease, develops when your pancreas doesn't produce enough insulin or your body doesn't properly use the insulin it makes. The number of Canadians with type 2 is increasing rapidly due to several factors, including an aging population, rising obesity rates and more sedentary lifestyles.

Aboriginal people are three to five times more likely than the general population to develop type 2 diabetes. And almost 80 per cent of new Canadians come from populations that are at higher risk for type 2 diabetes, including those of Hispanic, Asian, South Asian and African descent.

The CANRISK questionnaire will ask about important risk factors for diabetes, including your age, gender, family history, nutrition choices and ethnicity. You will also need to know your height, weight and waist measurement. The results are for your information only and confidential; the information is automatically deleted when you close out of the questionnaire.

While the questionnaire is targeted mainly at adults between the ages of 40 and 74, it may also benefit younger people with apparent risk factors.

For example, if the results indicate a high estimated risk, making certain healthy lifestyle changes — such as increasing exercising, eating more low-fat foods, fibre and fruit, and quitting smoking — can reduce the risk.

Throughout the year, Shoppers Drug Mart pharmacies hold CANRISK screening days. "We really want to encourage the public to reach out to their Shoppers Drug Mart pharmacists in the pharmacies and online," Wang says.

To complete the CANRISK questionnaire, visit canrisk.shoppersdrugmart.ca. If you don't have a computer, ask your Shoppers Drug Mart pharmacist to print a paper version for you.

– Jane Doucet

CDE'S ARE A VALUABLE RESOURCE

A certified diabetes educator (CDE) is a trained health-care professional who can help Canadians manage every aspect of their diabetes care, whether you were recently diagnosed or you have lived with diabetes for years.

In addition to advising you on blood-glucose monitoring, a CDE can provide information about diabetes medications and develop healthy-eating and physical-activity plans tailored to your specific needs.

"Shoppers Drug Mart has 450 pharmacists across Canada who are certified diabetes educators," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Because the number of Canadian adults being diagnosed with type 2 diabetes is rising rapidly, there are often weeks-long waiting lists for patients to get an appointment at diabetes centres or clinics.

BANANASTOCK/THINKSTOCK

"In those cases and for ongoing care, Shoppers Drug Mart pharmacists and CDEs are a great resource," Wang says. "They can bring so much awareness to help people manage their diabetes, and they sometimes can take appointments the same day or in a day or two."

A CDE can set aside the time to meet with a diabetes patient in a private counselling area of the pharmacy. He or she might administer an A1C blood test (a marker to indicate how well your diabetes is being managed over a three-month period) or answer questions about whether certain over-the-counter medications are safe to take.

If you don't understand something about your diabetes care, keep asking questions until the information is clear. For example, if you are prescribed a medication for the first time, make sure you ask your pharmacist what its purpose is and when you should take it.

It's important for Canadians to know that they can take advantage of the wide range of support that's available through the wide array of health-care professionals in their communities. "All Shoppers Drug Mart pharmacists have the knowledge to take care of Canadians with diabetes, but CDEs have additional training," Wang says.

Talk to your Shoppers Drug Mart pharmacist about booking an appointment with a certified diabetes educator. For more information about CDEs, visit shoppersdrugmart.ca.

– Jane Doucet

SHOPPERS DRUG MART A1C CLINICS

The A1C is a test that shows the average level of blood sugar (glucose) over the previous three months. It also indicates how well you are controlling your diabetes. The higher the A1C level is above target, the poorer the blood-sugar control and the higher the risk of diabetes-related complications, such as kidney and nerve damage and vision loss.

Shoppers Drug Mart pharmacies across Canada hold A1C clinics throughout the year to help people with diabetes better manage their health.

"If you've missed a clinic but you would like to have an A1C test, ask your Shoppers Drug Mart pharmacist if he or she can administer it," says Jeannette Wang, the senior vice-president of professional affairs and services for Shoppers Drug Mart.

Want to take control of your diabetes?

Our Pharmacists can offer the resources and support to help.

Visit your local Shoppers Drug Mart Pharmacy today to speak to a Pharmacist about taking charge of your health.

You can also speak with one of our Certified Diabetes Educators who can help you better understand and manage your condition, diabetes medications and more.

To find a Certified Diabetes Educator at the location nearest you, visit **shoppersdrugmart.ca/locator**.

Your health. Made easier.™

SHOPPERS DRUG MART

YOU CAN SWEETEN YOUR LIFE

WITH COCONUT PALM SUGAR

There's a new sugar in town. Switching to low-glycemic sweetener lowers risk of type 2 diabetes.

The prevalence of diabetes in Canada is growing. Estimates project 3.7 million Canadians will be living with diabetes by 2019, a shocking 56 per cent increase since 2009.

Most common is type 2 diabetes, affecting 90 to 95 per cent of diabetic Canadians. This metabolic disorder is onset by such risk factors as unhealthy diet, physical inactivity, advancing age and family history.

These numbers aren't new to Organika Health Products president Tom Chin, who aims to improve the landscape of Canadian health with one of the lowest glycemic index natural sweeteners available today.

"Coconut palm sugar is the answer to a convenient, low-glycemic alternative to cane sugar," he says.

"Both diabetics and non-diabetics can benefit from making the switch."

CONTRIBUTED

Making low-glycemic choices, like coconut palm sugar, may help lower your risk of heart disease and type 2 diabetes. Opt for low-glycemic foods to help control appetite, blood glucose levels and cholesterol levels.

The glycemic index (GI) is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels. Low GI foods (less than 55) undergo a slower digestion and do not raise blood glucose levels as much as medium GI (55-70) or high (more than 70) GI foods.

"A low-glycemic lifestyle used to mean cutting out white (64) and brown sugar (64) all together," Chin says. "Fortunately, today we have more realistic options."

Weighing in at 35, coconut palm sugar outshines natural sugar alternatives agave (45) and honey (55).

The nectar of flowers blossoms on the green coconut palm is boiled and granulated to create coconut palm sugar. "Not all sugars are equal," Chin says. "Check the ingredients to ensure cane sugar or fillers haven't been added."

Chin stacks another positive atop the pile of benefits. "Since this natural sweetener produces a slow release of energy throughout the day, you won't suffer from the sugary highs and crashing lows of cane sugar."

The highlights of coconut palm sugar are prominent against the backdrop of stevia's (less than one) variable after tastes and xylitol's (7) troublesome baking properties. "The caramel tones and convenient one-to-one ratio make coconut palm sugar a delicious and easy substitute in baking and cooking."

On his favourite low-glycemic switch, Chin reveals, "I give a to-go stick pack to the barista in the morning, instead of adding flavoured syrups."

Cut the cane sugar. Sweetening with coconut palm sugar is a simple step towards living low-glycemic.

– Sasha Lallouz

world diabetes day
14 November

Foods by ORGANIKA HEALTH PRODUCTS INC.

Know what's good for you™

Natural sugar alternatives, such as Organic Coconut Palm Sugar can be used to add sweetness to foods without the complications of consuming refined sugars.

NOW AVAILABLE IN
Organika Organic Coconut Palm Sugar

VOTED TOP TEN MOST INNOVATIVE PRODUCT AT GROCERY SHOWCASE EAST EXPO 2012

VOTED TOP TEN MOST INNOVATIVE PRODUCT AT GROCERY SHOWCASE WEST EXPO 2012

NEW To Go ORGANIC / BIOLOGIQUE

Chef Bianca creation for ORGANIKA

Gluten Free & Diabetic friendly recipe

Raspberry Whole Meal Muffins

1 1/3 cups whole wheat flour
1 tsp ground cinnamon
1/3 cup **Organika® Coconut Palm Sugar**
1 egg
4 ¼ oz melted **Organika® Virgin Organic Coconut Oil**
½ cup almond milk
½ tsp grated lemon zest
¼ cup frozen raspberries
2/3 cup **Organika® Ultimate Fiber Blend**
Extra coconut sugar for sprinkling

Preheat oven to 350f.

Sift flour and cinnamon into a large bowl. Stir in Organika Coconut Sugar and a pinch of salt. Make a well in the center.

In a separate bowl, whisk egg, Organika Coconut Oil, almond milk, lemon zest. **DO NOT DO THIS STEP AHEAD OF TIME,** coconut oil hardens very quickly. Pour the mixture into the dry ingredients; and stir to combine.

Spoon batter into muffin holes to 1/3 full, then add 2 to 3 frozen raspberries to the center of each muffin. Top with the remaining batter and sprinkle with extra Organika Coconut Sugar.

Bake for 20-25 minutes or until they are golden brown and an inserted stick can be removed clean.

NO GUILTY SWEET TOOTH. YUM.

ORGANIC & 100% NATURAL

COCONUT PALM SUGAR

NATURAL SWEETENER

BY ORGANIKA®

- ✓ USDA CERTIFIED ORGANIC
- ✓ NO ARTIFICIAL FLAVOURS & COLOURS
- ✓ EXCELLENT FOR DRINKS & BAKING
- ✓ GLUTEN FREE & VEGAN
- ✓ LOW GLYCEMIC INDEX 35

NEW

10x healthier than Apple Cider Vinegar

Vancouver & Edmonton
BREAKFAST TELEVISION
Citytv
Featuring Chef Bianca
AS SEEN ON TV!

alive AWARDS 2012 SILVER
Consumers Choice
- Functional Foods

The Sweetness of Quality

Enjoy its delicious taste

Kathy Maraz creation for ORGANIKA

Gluten Free & Diabetic friendly recipe

Coconut Vinegar Dressing

1/3 cup grape seed oil
3 tablespoons **Organika® Organic Coconut vinegar**
1 teaspoon minced garlic
2 teaspoons chopped ginger root
Salt and pepper to taste
1 tablespoon sesame seeds

Coconut Apple Sauce

4 apples, peeled, cored and chopped
¾ cup water
¼ cup **Organika® Organic Coconut Palm Sugar**
½ teaspoon ground cinnamon
1 Tablespoon **Organika® Organic Virgin Oil**

Directions: In saucepan,, combine apples, water sugar and cinnamon. Cover and cook over medium heat, for 15-20 minutes, or until apples are soft. Allow to cool and mash with a fork or potato masher.

Available at:

CONSUMERS NUTRITION CENTER, Richmond
DAWSON CREEK HEALTH FOODS, Dawson Creek
DYNAMIC HEALTH SERVICE Terrace
EASYWAY TRADING CO. LTD. Richmond, BC
FENG LI NATURAL HEALING LTD., White Rock
FIRST CHOICE HEALTH FOODS Osoyoos
FORTUNE HEALTH FOODS Kamloops
GROVE VITAMINS & HEALTH LTD., Langley
HEALTH FOOD HEAVEN Squamish
HIGHER GROUND NATURAL FOOD, 100 Mile House
JEANNIE'S VITAMIN CENTRE Comox
KC HEALTH FOODS, Lillooet
KELLY'S SPECIALTY, Powell River
MOTHER NATURES, Castlegar
MIENHARDT, Vancouver
NAT. HEALING & ACUPUNCTURE North Vancouver
NEW APPLE FARM MARKET North Vancouver
NEW HEALTH CONCEPT ENT. LTD., Richmond
PARSLEY, SAGE & THYME Ladner
PEOPLE PHARMACY White Rock
PEOPLE PHARMACY White Rock
PLANET ORGANIC Port Coquitlam
SIMPLY HEALTH, New Westminister
THE VITAMIN SHOP, Victoria
THE WILLOWS NAT. FOODS Chase, BC

Available at other fine health food stores in Vancouver & BC.

Visit us for more details and for more Store Locations at:

www.organika.com

Packaged in an ORGANIC GREEN WORLD FACILITY

100% Canadian Owned & Operated

Contact Organika for more info at 1.800.663.8880

2012 CHFA East Platinum Sponsor

‘Trying year’ for Simon

CFL. Grey Cup champs will look to injury-plagued star slotback for his experience in West Division final

CAM TUCKER
cam.tucker@metronews.ca

Receiver Geroy Simon hopes to put a rough season behind him when the Lions take on the Stampeders in Sunday’s West Division final. DARRYL DYCK/THE CANADIAN PRESS FILE

Geroy Simon began the 2012 Canadian Football League season in record-breaking fashion, just as many in the local landscape would have scripted it.

However, since taking over from Canadian Football Hall of Famer Milt Stegall as the league’s all-time leader in receiving yards on June 29, the B.C. Lions’ star slotback has been hamstrung by two separate hamstring injuries — missing a combined four games as a direct result, and the regular-season finale for precautionary reasons.

That culminated with the 37-year-old Simon, who in March signed a contract extension with the Lions through the 2013 season, enduring his worst statistical season since 2002.

“For me, personally, it’s been a trying year. It’s been difficult because I’ve been injured. I’ve never really been injured this much,” said Simon Tuesday, as the Lions wrapped up practice at BC Place Stadium.

“But at the same time, it’s rewarding because we were winning and it’s always about winning and that helps when the things aren’t there that you want individually.”

Simon caught just 54 passes for 700 yards and two touchdowns, including one in his last game of the season on Oct. 26 against the Stamps.

But, as he pointed out, the Lions won consistently from the end of June to the start of November, finishing the regular season 13-5 and earning the right to host the West Division final Sunday at BC Place against the Calgary Stampeders.

The winner goes to the 100th Grey Cup on Nov. 25 in Toronto.

Simon has played in 15 playoff games over his 14-year CFL career, not to mention three championship games, all with the Lions. He’s been on the winning team in two of those.

Last year, at the age of 36, Simon had 106 yards receiving and one touchdown as the Lions downed the Edmonton Eskimos in the Western final.

Sunday against the Stamps should be nothing new for him.

“I get excited but I try to keep it on an even keel. I get very excited but I’ve just got to calm myself down,” he said.

“I’ve been here before and that’s something I always remember. I’ve done it. I know how it feels to win, I know it feels to lose. I know the things that I did to help leading up to a win, so I just try to do those things.”

The Lions roster that won the 2011 Grey Cup has managed to stay relatively intact, save for a couple off-season changes.

Nonetheless, having someone like Simon and his plethora of big-game experience is never a bad thing.

“That’s a big part of a guy’s veteran presence ... aside from the skill set on the field, but just that calming presence,” said quarterback Travis Lulay.

“If things are off for a drive or two and all of the sudden you can sense the group wants to panic, the more veteran guys you have the more guys that can calm down and focus on the next play because the next play is always the most important play.

“That’s what you get from a veteran guy like Geroy.”

Quoted

“I’ve been here before and that’s something I always remember. I’ve done it. I know how it feels to win, I know it feels to lose ...”

Lions slotback Geroy Simon

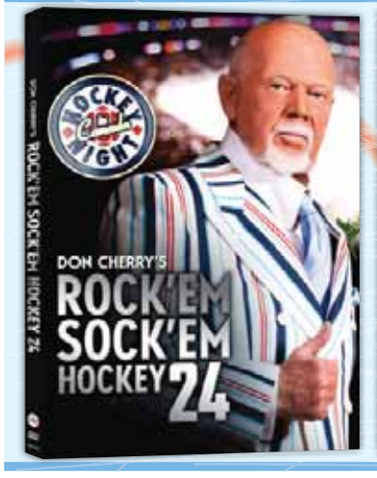
Tate takes weekly honour

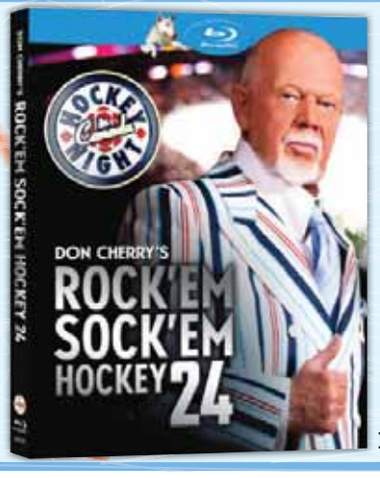
Calgary Stampeders quarterback Drew Tate has been named the CFL’s offensive player of the week for his resilient performance in the West Division semifinal.

- Tate completed 22-of-36 passes for 363 yards, threw two TDs and sparked the winning drive with less than one minute remaining in the Stampeders’ 36-30 win over the Roughriders on Sunday.
- Calgary teammates Keon Raymond and Jon Cornish were named top defensive player and top Canadian, respectively.

THE CANADIAN PRESS

4 SPORTS





YOU COULD WIN
A BLU-RAY™ COPY OF DON CHERRY’S ROCK ‘EM SOCK ‘EM HOCKEY 24

ON DVD, AND FOR THE FIRST TIME, BLU-RAY, ROCK ‘EM SOCK ‘EM 24 INCLUDES ALL THE BEST HITS, SAVES, AND GOALS FROM THE 2011-2012 HOCKEY SEASON!

VSC TPC PRODUCTIONS INC

IN STORES NOW!

To register and for full contest details visit clubmetro.com
Don’t forget to like us on Facebook! facebook.com/clubmetrovancouver

VISIT clubmetro.com TO ENTER

AHL

Heat give Monsters a scare

Abbotsford Heat head coach Troy Ward admitted on the weekend it was fair comment to call this week's two-game series against the Lake Erie Monsters a proverbial litmus test.

They passed the first half of that test on Tuesday night.

The Heat scored twice into an empty net in the final 1:08 of the third period to defeat the Monsters 3-0 before a crowd of 1,821 fans at the Abbotsford Entertainment and Sports Centre.

Barry Brust stopped all 29 shots he faced for the shutout, and added an assist on Sven Baertschi's empty-net goal that put Abbotsford up 2-0.

Krys Kolanos scored the winning goal just past the midway point of the second period. Quintin Laing rounded out the scoring for the Heat.

The two-game series concludes Wednesday in Abbotsford. METRO

Junior hockey

Team WHL awaits Russia in Subway Super Series

Phil Esposito can still remember the tension of the 1972 Summit Series between Canada and Russia.

He, along with Igor Larionov of the former Soviet Union, met with reporters for a media conference at a White Spot restaurant in downtown Vancouver.

Naturally, the topic of 1972 comes up often with Esposito, who delivered one of the most memorable speeches in Canadian hockey history following a Game 4 loss to the Soviets at the Pacific Coliseum in Vancouver.

Now, 40 years after that speech and historical hockey series, a group of players from the Western Hockey League will look to go a game up on Russia in Game 5 of the 2012 Subway Super Series.

Russia opened the series with a win and a loss against the Quebec Major Junior Hockey League team, and a win and loss against representatives from the Ontario Hockey League.

With two games remaining and the series tied two games apiece, Wednesday's showdown at the Pacific Coliseum is proving to be the pivotal turning point.

The series concludes Thursday in Victoria. METRO

New CBA stalled by owners' complacency, Crosby says

Sidney Crosby listens to a reporter's questions after an informal workout on Oct. 11 in Canonsburg, Pa. KEITH SRAKOCIC/THE ASSOCIATED PRESS FILE

NHL. Pens' superstar centre frustrated by league's hard-line stance

Sidney Crosby says it takes two to tango.

The Pittsburgh captain stood by his comments voicing frustration Tuesday at the lack of movement in negotiations on a new collective bargaining agreement between the NHL and the NHLPA.

And Crosby pointed the finger squarely at the owners.

"I don't think there's much negotiating going on. I think as far as the proposals are concerned it's just kind of at a standstill right now," Crosby told reporters after skating in Pittsburgh. "I think that we've made steps to show that we're willing to negotiate.

"I don't think that's really happening on the other side."

Talks between the NHL and the NHLPA to end the lockout stalled again over the weekend. No bargaining sessions are planned and Crosby says players feel like they're negotiating with an unwilling partner.

"The desperation to play doesn't really seem like it's on their side. I think there's a deal to be made (but) I think negotiations have to be made if there's going to be a deal," he said. "If it keeps going like this, everybody's going to lose, there's no way around it.

"Everybody's going to lose."

NHLPA special counsel Steve Fehr told a panel in Toronto on Monday that three issues remain to be solved: The split of money, player contract rights and who pays for the damage caused by the lockout.

The NHL has proposed changes to entry-level deals, arbitration, free agency and contract limits.

Those issues particularly irked Crosby and he reiterated those feelings Tuesday.

"Guys aren't going to give in when it comes to contract stuff. It's not going to happen," Crosby said. "It's ridiculous to try to change that after the success the league and everybody's had here the last seven or eight years." THE CANADIAN PRESS

Quoted

"It doesn't have anything to do with (money), it's the rights of players within your profession, so that's what I think guys are definitely going to stand strong on."

Sidney Crosby

Lines in the sand

Still holding out hope

The owners locked out the players in mid-September and all games up to Nov. 30 have been cancelled.

The Winter Classic outdoor game that was scheduled for Jan. 1 has also been axed.

It is believed a deal would need to be struck early next week for a shortened season to begin on Dec. 1.

"It's tough when you want to play hockey and I don't think the other side really takes that serious. They're able to do that, that's not their livelihood," Sidney Crosby said.

Despite his frustration, Crosby is reserving judgment on whether there will be a 2012-13 NHL season.

"I'd like to think that everyone will find a way to make it work. That's really what it boils down to, everyone finding a way to make it work," he said. "It's a bit of give and take and that hasn't really happened yet." THE CANADIAN PRESS

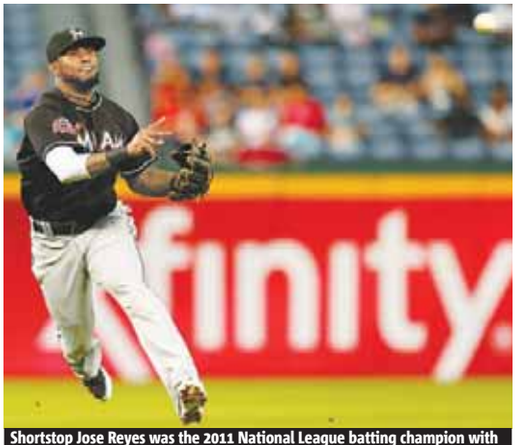
Blue Jays brass shows willingness to go big in blockbuster with Miami

At Major League Baseball's all-star game in July, Jose Bautista — the Blue Jays' lone representative — lamented how general manager Alex Anthopoulos had not done enough to make the Jays competitive in the AL East.

On Tuesday night, Bautista was singing a very different tune.

"Its a good day to be a bluejay!" he tweeted, as reports of a blockbuster trade between the Jays and the Miami Marlins rapidly circulated online.

Though no official announcement had been made at press time, the Jays and Marlins reportedly swapped a total of 13 players, with Toronto acquiring four-time all-star shortstop Jose Reyes, veteran starting pitchers Josh Johnson and Mark Buehrle, as well as John Buck and Emilio Bonifacio, in exchange for young right-hander Henderson Alvarez, shortstops Yunel Escobar and Adeiny Hechavarria, catcher Jeff Mathis and a trio of top-ranked prospects — Jake Marisnick, Justin Nicolino and Anthony DeSclafani.



Shortstop Jose Reyes was the 2011 National League batting champion with a .337 average. KEVIN C. COX/GETTY IMAGES FILE

The trade dramatically alters the makeup of the Jays' 2013 roster, instantly improves their starting rotation and pushes their annual payroll over $100 million and into the upper echelons of the league.

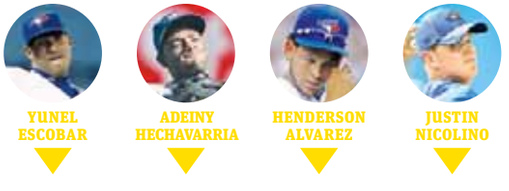
It also ties them to a number of long-term contracts, with both Reyes and Buehrle recently inking expensive deals. The deal will likely come to define Anthopoulos's tenure as the club's GM.

But on Tuesday night, as details of the trade spread wildly on Twitter, there was only excitement among Jays players and fans.

"Can't wait to hear the magic words…IT'S OFFICIAL," tweeted Jays closer Casey Janssen. TORSTAR NEWS SERVICE

Key pieces to Toronto:

Key pieces to Miami:



Calderon's triple-double helps Raptors end 4-game losing streak

NBA. Tired Toronto team beats Indiana despite scoring just five points in fourth quarter

Jose Calderon is the oldest Raptor, a fact he likes to joke about every now and then, and is the team's longest-serving player.

He may not be as glamorous or athletic or talented as some of his teammates, but he is in so many ways a leader. He's one to offer encouragement and see promise where others might not, he is upbeat and steadfast that things will turn around.

And in what might eventually go down as one of the most significant wins of however many the Raptors register this season, he simply willed his team to victory.

Registering the first triple-double of his career and shaking his team out of an atrocious start with a great offensive first quarter, Calderon helped engineer an improbable 74-72 win in Indianopolis Tuesday night that halts Toronto's four-game losing streak.

Tuesday's game

Raptors	Pacers
74	72

"Big-time will" is how coach Dwane Casey described Calderon's 13-point, 10-assist, 10-rebound night. "I've always said how much I respect Jose. He knew he had to bring it tonight and he got us going after we got off to a slow start. He jump-started us."

But even more than the 10-point, four-assist first quarter, it was Calderon's calmness and his leadership that shone through.

The Raptors were almost completely out of gas down the stretch — they scored just five points on one field goal and three free throws in the entire fourth quarter — but when Calderon handled the ball on offence they efficiently ran off enough clock to stave off the Pacers.

It wasn't pretty — in fact it was downright ugly — but it'll look like a 25-point win in the standings in the morning.

And when a final frenetic flurry ended with two Indiana misses in the final 13 seconds, Calderon looked skyward as if to thank someone.

"Five points, one field goal in the fourth quarter? And we still got the game? It's perfect," said Calderon, the 31-year-old who played 40 minutes Tuesday after going 50 minutes in a triple-overtime loss at home Monday.

Perfect is a stretch but it was a much-needed boost for a reeling team. Toronto was still without Kyle Lowry, Alan Anderson and Landry Fields but didn't buckle to the circumstances. There will be prettier wins but there might not be one as important.

TORSTAR NEWS SERVICE

The Indiana Pacers' David West, left, and the Toronto Raptors' Jonas Valanciunas compete for a loose ball on Tuesday in Indianapolis. Toronto won 74-72. DARRON CUMMINGS/THE ASSOCIATED PRESS

NFL

Injury questions surround Steelers' 'Big Ben'

Ben Roethlisberger left Heinz Field on Monday night with his sprained right shoulder in a sling. When he walks back in ready to play is anybody's guess.

Steelers coach Mike Tomlin called Pittsburgh's quarterback "questionable" but otherwise offered little detail Tuesday, less than 24 hours after Roethlisberger was pounded into the ground by Kansas City linebackers Tamba Hali and Justin Houston in Pittsburgh's 16-13 win.

"He is being evaluated," Tomlin said. "Obviously this injury puts his participation in the questionable category for this week."

THE ASSOCIATED PRESS

Steelers quarterback Ben Roethlisberger GETTY IMAGES FILE

Martin Kampmann, right, punches Rick Story during UFC 139 in San Jose, Calif., on Nov. 19, 2011. The co-main event for UFC 154 in Montreal will see Kampmann face Johny Hendricks. JEFF CHIU/THE ASSOCIATED PRESS FILE

UFC. Co-main event may bear next No. 1 contender

The welterweight spotlight shines on champion Georges St-Pierre and interim title-holder Carlos "Natural Born Killer" Condit on Saturday at UFC 154.

But the 170-pound division will also be impacted by the co-main event at Montreal's Bell Centre, which sees Martin "The Hitman" Kampmann face Johny "Bigg Rigg" Hendricks.

Kampmann, for one, believes the winner of his fight should get the next title shot.

"I hope so. I can't see anybody else that would deserve it," he said. "All the wins that both me and Johny have, I think it should definitely come down to being a No. 1 contender fight. There's nobody else in the division that can claim the same run that we've had."

Kampmann (20-5) and Hendricks (13-1) have been on a roll of late.

Quoted

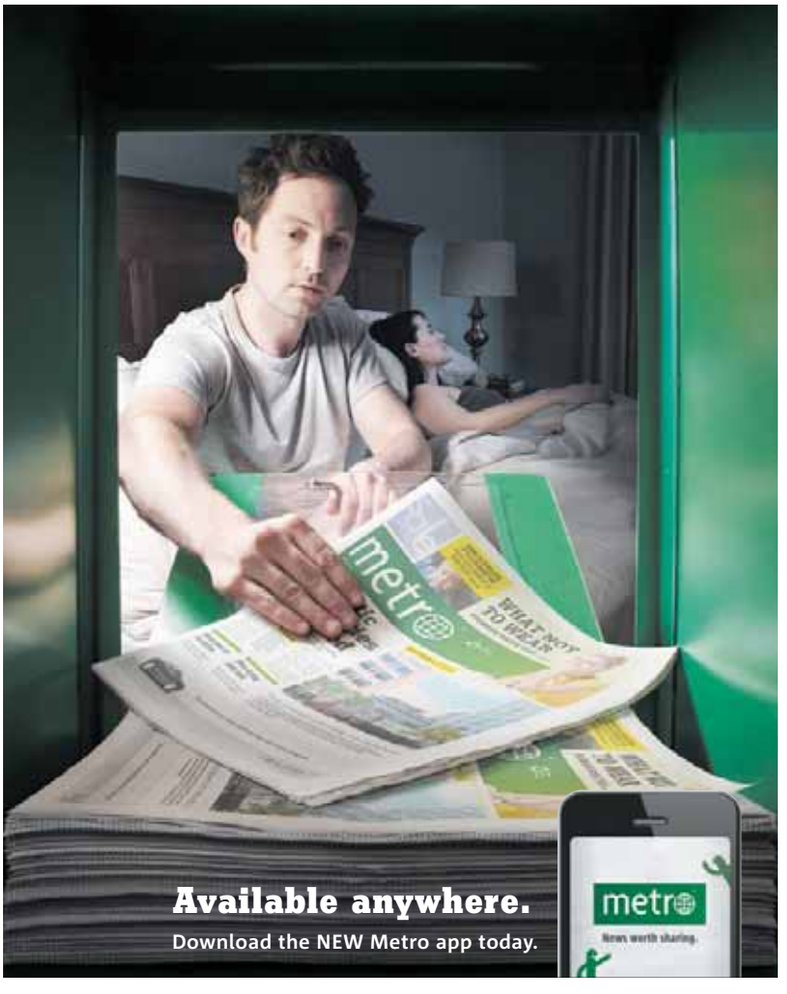
"We're still going to try to beat each other's heads off."

Martin Kampmann, saying the fact he and Johny Hendricks used to be training partners won't affect their upcoming fight.

Kampmann, whose record includes a 2009 victory over Condit, is coming off wins over Rick "The Horror" Story, Thiago "Pitbull" Alves and Jake "The Juggernaut" Ellenberger.

Hendricks, a former NCAA champion wrestler at Oklahoma State, is riding a win streak that has left T.J. Waldburger, Mike Pierce, Jon Fitch and Josh Koscheck in his wake. Fitch and Koscheck have both challenged GSP for the title.

THE CANADIAN PRESS



DRIVE 51

‘With no particular place to go.’ Is the casual drive dead?

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

“Riding along in my automobile” isn’t really a pastime anymore. Nearly every journey we take serves a purpose. ISTOCK

We’ve got a skinny latte at the ready in the cup holder, a navigation system lighting our way and electric elements in the seats warming our nether regions and lower back, but we don’t seem to be whistling a happy tune behind the wheel.

Most likely we’re mumbling about the traffic or the road construction. Could also be something more generic, like the idiocy of our fellow humans, or the crush of time.

Basically, we’re getting nicer vehicles, but the nature of our trips is going the other way, the wrong way. We take too many of them, and most of them are just about getting somewhere under a tight deadline. It’s a scenario that’s killing some of the joy of driving and pushing “just going for a drive” to extinction.

Now, I don’t want to sound like a folksinger. (How many folksingers does it take to screw in a light bulb? Four. One to screw in the light bulb, three to sing about how much better the old light bulb was.) But not too long ago, I think more people went driving for the sake of it — as an enjoyable way to pass some time.

The term “Sunday afternoon drive” is still in our vernacular, but who goes on those things anymore? Last time I suggested we go on a Sunday afternoon drive the kids looked at me like I was on drugs. One turned back to their digital entertainment device without saying a word.

The other said, “Great idea, Dad,” in a totally ironic way, before turning back to their digital entertainment device.

If you’re already driving tons, I can see why you wouldn’t want to get into the car again, but that isn’t the only thing driving “not driving.” It’s been well documented that younger generations aren’t purchasing cars like previous generations — if you don’t have a vehicle at your disposal, the chances are good you’re not going on any kind of drive, particularly the “just for the hell of it” type.

In an article chronicling how car use is peaking in the rich world, The Economist had this to say about the younger generation’s totally digitalized life and indifference to the automobile: “Never before has not travelling been so much fun.”

Fuel expenses and the desire to be more green are also crimping recreational driving. And what about electric vehicles? Are you gonna blow your whole 12-hour charge on some aimless car ride?

As any culture, car culture has to constantly change and evolve. It’s evolved to a point where people are increasingly less likely to jump in a car and just drive for the sake of it.

There’s good in that for sure, but I’m just saying we’re losing a very cool pastime practiced and enjoyed by many generations before us — a pastime that, when you’re lucky, affords you an awesome headspace you’ll not find any other way.

Vital winter-busting features

Peace of mind. Automakers offer driving confidence and comfort for the cold months ahead

JUSTIN PRITCHARD
drive@metronews.ca

Whether you’re considering a new SUV, sports car or hybrid sedan, a wider range of winter-busting features than ever are making their way into new vehicles. All have the goal of helping take the unpleasantness out of winter driving — and all are more affordable and accessible than they were even five years ago.

Whatever new ride you’re contemplating, be sure to check out features designed to help keep you safe and comfortable on the go when the cold weather hits. Your sales representative would love to show you some of the following:

High performance lighting
Once reserved for high-dollar luxury cars, high-performance xenon lighting is available in more vehicles than ever before. Xenon lighting provides superior light output compared to a conventional halogen setup.

Winter tires
Winter tires give your new vehicle’s AWD system and advanced braking and stability technologies more traction to work with. In addition to maximizing grip between your car or truck and a snowy road, installing winter rubber results in a notable increase in vehicle stability at speeds, as well as shorter stopping distances.

Hands-free functionality
Steering-wheel mounted controls, voice-command and automatic features are all becoming more common and affordable. In particular, features like automatic lights and wipers, combined with voice-commanded climate control and navigation functionality all reduce the need to take your hands off of the wheel in bad weather.

All wheel drive (AWD)
The latest advanced AWD systems are now more accessible and affordable than ever, and work to enhance year-round traction on any surface. Forget that snowstorm or icy sideroad — with AWD on board, your ride will get you where you need to go with no second thought. Getting stuck in that snow-plow hump at the end of your driveway will become a thing of the past, too. Manufacturers like Mitsubishi, Subaru and Suzuki even offer AWD on their compact cars. Use winter tires with your AWD for maximum results.

Ford

SWAP YOUR RIDE EVENT

THIS FALL, FALL IN LOVE WITH A FORD.

"I would definitely swap my Ram for an F-150."

SWAP YOUR RIDE NOW AND GET UP TO

$10,000‡

IN MANUFACTURER REBATES ON MOST NEW 2012 F-150 MODELS

BUILT Ford TOUGH

Available BEST IN CLASS •PAYLOAD• •TOWING• •POWER••

2012 F-150 XLT SUPER CAB 4X4

CASH PURCHASE FOR ONLY

$27,885*

OR

FINANCE BI-WEEKLY FOR ONLY

$199** @ **6.19%** APR

for 72 months with $2,000 down payment.
Offers includes $10,000 in Manufacturer Rebates and $1,700 freight and air tax.

10.5L/100km 27MPG HWY***
14.9L/100km 19MPG CITY***

OR STEP UP TO AN F-150 XLT **SUPER CREW** 4X4

FOR ONLY **$15**** **MORE BI-WEEKLY**

Offer includes $10,000 in Manufacturer Rebates and $1,700 freight and air tax.

AND GET
V8 POWER | 360 HP
380 LB.-FT. OF TORQUE

2012 F-250 XLT SUPER CAB 4X4 WESTERN EDITION

CASH PURCHASE FOR ONLY

$39,999*

OR

FINANCE BI-WEEKLY FOR ONLY

$285** @ **6.19%** APR

for 72 months with $3,000 down payment.
Offers includes $7,250 in Manufacture Rebates and $1,700 freight and air tax.

PLUS $1,000▲ **LOYALTY & CONQUEST CUSTOMER CASH**
For Qualifying Customers

On most new 2012 and 2013 models

FALL IN LOVE WITH A FORD AND SWAP YOUR RIDE.
VISIT BCFORD.CA OR YOUR BC FORD STORE FOR DETAILS.
VIEW OUR SWAPISODES ONLINE AT FORD.BLOG.CA/SWAPISODES

/FordCanada @FordCanada YouTube /FordCanada

Ford
Go Further
| bcford.ca |

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription

WISE BUYERS READ THE LEGAL COPY: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. Dealer order or transfer may be required as inventory may vary by dealer. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. ‡Until November 30, 2012, receive $250/ $500/ $1,000/ $1,500/ $1,750/ $2,000/ $2,250/ $3,000/ $3,750/ $4,000/ $4,750/ $5,250/ $5,500/ $5,750/ $6,000/ $6,500/ $7,000/ $7,250/ $8,250/ $9,000/ $9,250/ $10,000 in Manufacturer Rebates with the purchase or lease of a new 2012 Escape I4 Manual; 2013 Explorer Base/ 2012 Edge SE/ 2012 Focus S, Explorer Base FWD; 2013 Edge FWD (excluding SE), Flex SE, Transit Connect (excluding electric), E-Series, F-150 Regular Cab XL (4x2) Value Leader/ 2012 Fiesta S, E-Series; 2013 Mustang V6 Coupe, Taurus SE/2012 Flex SE/2012 Mustang Value Leader, Taurus SE, Transit Connect (excluding electric); 2013 F-150 to F-550 Chassis Cabs/ 2012 Fusion S/ 2012 Fiesta (excluding S), Explorer AWD (excluding Base)/ 2013 Mustang V6 Premium/ 2012 Mustang V6 (excluding Value Leader), Explorer FWD (excluding Base), F-150 to F-550 Chassis Cabs; 2013 F-250 to F-450 (excluding Chassis Cabs) gas engine/ 2012 Focus (excluding S), Fusion Hybrid, Edge AWD (excluding SE), Escape (excluding I4 Manual)/ 2012 Fusion I4 (excluding S and Hybrid); Escape V6; 2013 Mustang GT/ 2012 Fusion V6 (excluding S and Hybrid)/ 2012 Mustang GT, Taurus (excluding SE), Flex (excluding SE); 2013 F-150 Regular Cab (excluding XL 4x2) non-5.0L/ 2012 Edge FWD (excluding SE)/ 2013 F-150 Regular Cab (excluding XL 4x2) 5.0L, F-250 to F-450 (excluding Chassis Cab) Diesel Engine/ 2012 Expedition; 2013 F-150 Super Cab and Super Crew non-5.0L/ 2013 F-150 Super Cab and Super Crew 5.0L/ 2012 F-250 to F-450 (excluding Chassis Cabs) Gas Engine/ 2012 F-150 Regular Cab (Excluding 4x2) non-5.0L/ 2012 F-150 Regular Cab (excluding XL 4x2) 5.0L/ 2012 F-150 Super Cab and Super Crew non-5.0L, F-250 to F-450 (excluding Chassis Cabs) Diesel Engines/ 2012 F-150 Super Cab and Super Crew 5.0L (all Raptor, GT500, BOSS 302, and Medium Truck models excluded). This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Manufacturer Rebates are not combinable with any fleet consumer incentives. **Purchase a new 2012 F-150 XLT Super Cab 4x4 with 5.0L engine/2012 F-150 XLT Super Crew 4X4 with 5.0L engine/2012 F-250 XLT Super Cab 4X4 Western Edition with power seats for $27,885/$29,885/$39,999. Taxes payable on full amount of purchase price after Manufacturer Rebate of $10,000/$10,000/$7,250 has been deducted. Offers include freight and air tax of $1,700 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Manufacturer Rebates can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Manufacturer Rebates are not combinable with any fleet consumer incentives. **Choose 6.99% annual percentage rate (APR) purchase financing on a new 2012 F-150 XLT Super Cab 4x4 with 5.0L engine/2012 F-150 XLT Super Crew 4X4 with 5.0L engine/2012 F-250 XLT Super Cab 4X4 Western Edition with power seats for a maximum of 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Purchase financing monthly payment is $431/$465/$677 (the sum of twelve (12) monthly payments divided by 26 periods) gives payee a bi-weekly payment of $399/$274/$285 with a down payment of $2,000/$2,000/$3,000 or equivalent trade-in. Cost of borrowing is $5,169.65/$5,569.08/$5,189.30 or APR of 6.99% and total to be repaid is $53,054.65/$53,454.08/$44,388.30. Offers include a Manufacturer Rebate of $10,000/$10,000/$7,250 and freight and air tax of $1,700 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Taxes payable on full amount of purchase price after Manufacturer Rebate deducted. Bi-Weekly payments are only available using a customer initiated PC (Internet Banking) or Phone Pay system through the customer's own bank (if offered by that financial institution). The customer is required to sign a monthly payment contract with a first payment date one month from the contract date and to ensure that the total monthly payment occurs by the payment due date. Bi-weekly payments can be made by making payments equivalent to the sum of 12 monthly payments divided by 26 bi-weekly periods every two weeks, commencing on the contract date. Dealer may sell for less. Offers vary by model and not all combinations will apply. ▲Offer only valid from November 1, 2012 to November 30, 2012 (the "Program Period") to Canadian resident customers who own or are currently leasing (during the Program Period) certain Ford Pickup truck, Sport Utility Vehicle (SUV), Cross-Over Utility Vehicle (CUV) or Minivan models (each a "Qualifying Loyalty Model"), or certain competitive pickup truck, SUV, CUV or Minivan models (each a "Qualifying Conquest Model") and purchase, lease, or factory order (during the Program Period) a new 2012/2013 Ford truck (excluding Raptor), SUV or CUV (each an "Eligible Vehicle"). Some eligibility restrictions apply on Qualifying Loyalty and Conquest Models and Eligible Vehicles – see dealer for full offer criteria. Qualifying customers will receive $1,000 (the "Incentive") towards the purchase or lease of the Eligible Vehicle, which must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales if valid proof is provided that the customer is the owner/lessee of two (2) separate Qualifying Conquest/Loyalty Models. Each customer will be required to provide proof of ownership/registration of the applicable Qualifying Conquest/Loyalty Model and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Offer is transferable only to persons living in the same household as the eligible customer. This offer is subject to vehicle availability and may be cancelled at any time without notice. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory order or delivery (but not both). This offer is not combinable with CPA, GPC, Daily Rental Allowance, Taxes payable before Incentive is deducted. Dealer may sell or lease for less. See dealer for details. ***Estimated fuel consumption ratings for model shown: 2012 F-150 FFV 4.7L V8 6-speed automatic transmission: [14.9L/100km (19MPG) City, 10.5L/100km (27MPG) Hwy]. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading, vehicle equipment, and driving habits. F-150: When properly equipped. Max. towing of 11,300 lbs with 3.5L EcoBoost and 6.2L 2 valve 412 V8 engines. Max. payload of 1,320 lbs with 5.0L Ti-VCT V8 engines. Class is Full-Size Pickups under 8,500 lbs GVWR, non-hybrid. Super Duty: Max. conventional towing capability of 12,500 lbs. on F-350 and max. 5th Wheel towing capability of 24,500 lbs. On F-450 when properly equipped. Max. payload capability of 7,700 lbs. on F-350 when properly equipped. Class is Full-Size Pickups over 8,500 lbs. GVWR vs. 2011/2012 competitors. †††Max. horsepower of 411 and max. torqued 434 on F-150 6.2L V8 engine. Class is Full-Size Pickup under 8,500 lbs GVWR, non-hybrid vs. 2011/2012 comparable competitive engines. ◆Some mobile phones and some digital media players may not be fully compatible - check www.syncmyride.com for a listing of mobile phones, media players, and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Ford recommends that drivers use caution when using mobile phones, even with voice commands. Only use mobile phones and other devices, even with voice commands, not essential to driving when it is safe to do so. SYNC is optional on most new Ford vehicles. ©2012 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2012 Ford Motor Company of Canada, Limited. All rights reserved.

Your in-car concierge awaits ...

Driving Force.
2013 Infiniti JX is first to offer unique 'luxury segment' service

JIL MCINTOSH
drive@metronews.ca

As fancy as some cars are, there's always a limit. Buyers in the premium segment naturally want luxury and technology, but automakers have to balance several factors, including the cost, what technology is available, and if it can be integrated into a vehicle.

Perception is also a major factor in this field. Buyers have to use and like the features, and feel there is value in them.

In recent years, auto companies have put a premium on time and convenience. Today, some of the hottest "must-have" features are ones that make the vehicle an extension of the driver's itinerary, such as those that let an owner integrate a smartphone and the applications he or she already uses.

Infiniti has taken this a step further with its new Infiniti Personal Assistant, or IPA, which is standard on every 2013 Infiniti model. The owner is given a toll-free number that connects to a "personal concierge," who identifies him through his phone number. The operator will answer just about any request, from hotel reservations and directory assistance, to sports scores, stock market updates, weather forecasts, and more.

"We are the first automotive manufacturer in Canada to offer this," says Michael Kopke, chief marketing manager for Infiniti. "You actually get a human being. You're not hitting 'one' for this and 'two' for that.

"It could be as simple as booking a restaurant or ordering flowers, but when we tested it before launching, we had IPA help with sourcing a refrigerator at the best price and the location to find it."

The service is unusual in that it can be accessed anywhere by telephone, rather than only through the vehicle itself (it will work on a phone paired to the car, of course). While the call connects to a U.S. centre, and information can be obtained for just about anything worldwide, calls from Canada are answered in English or French, and information is Canadian-specific when required.

Depending on the request, answers can be given right away, or sent as a text message or email. Links are included so information can be downloaded into smartphones, such as a Google map or a company's website.

"It's part of being participatory in the luxury segment," Kopke says. "People are busy. If they're not busy with their profession, they're busy with their family lives. We're catering to our customers, whether they're stuck in traffic or taking kids to soccer practice."

Details

- **Older models.** IPA plans can be purchased by drivers who already own a 2012 or older Infiniti vehicle. Several companies offer connection services, such as GM's OnStar, but Infiniti says it is the first to offer a concierge service.

The Infiniti JX comes complete with a concierge who is just a call or email away. HANDOUT

AS EXHILARATING AS IT IS AFFORDABLE.
Every Certified Pre-Owned Mazda we sell comes with warranties and guarantees to ensure that you drive away fully satisfied in a quality vehicle that you can depend on.
CERTIFIED
PRE-OWNED
160-Point Detailed Inspection
7-Year/140,000-Kilometre Limited Powertrain Warranty†
24-Hour Emergency Roadside Assistance
30-Day/3,000-Kilometre Exchange Privilege
CarProof® Vehicle History Report
Zero Deductible
Available Extended Coverage
0.9% APR‡
SEE DEALER FOR DETAILS
CRAFTED. ENGINEERED. CERTIFIED.
zoom-zoom
mazda
†Coverage begins from the original new retail sale date and covers 7-years/140,000-kilometres, whichever comes first. ‡0.9% APR only for well qualified buyers; not all buyers will qualify. Amount of down payment and other factors may affect qualification. 0.9% APR available on all models and all qualifying model years (the 5 model years immediately preceding the date of this advertisement, or newer) for up to 24-month terms. Based on a representative example of $15,000 financed at 0.9% over 24 months equals monthly payments of $630.88 with $0 down payment, cost of borrowing is $141.03 with a total obligation of $15,141.03. Licence, insurance, taxes, down payment, and, where applicable, PPSA and other dealer charges are extra and may be required at time of purchase. Finance on approved credit for qualified customers only. Offer subject to change without notice. Visit your participating dealer for complete details.

Hum through any rough ride

Second Gear.
2006-2010 Hummer H3

Few machines in recent history combine real-world 4x4 capability and stand-out styling like models from GM's now killed-off Hummer line. The original, military-grade Hummer H1 pops into the minds of the masses when the brand is brought up — though GM successfully marketed a smaller civilian model called the H3, and it came with features including power seats, premium Monsoon audio, a driver computer and more.

PHOTO: WHEELBASE MEDIA

Common Issues

Earlier five-cylinder powered models suffered from a cylinder head problem, which could cause potentially severe engine problems. Symptoms may include a rough idle, poor power delivery, or a loud ticking sound. This problem was most likely to present itself while the H3 was still under warranty — though approval from a GM mechanic should be sought, just to be safe. Note that V8-powered H3s aren't affected by this issue. Have a mechanic check the underside for any signs of excessive rust, leaks, or damage caused by careless off-roading. Ensure the H3's 4x4 system can switch between its various modes as described in the owner's manual. If that's not the case, be sure to find out why before agreeing to fork over any cash.

Engine

Standard five-cylinder models packed 220 or 242 horsepower depending on the year, while an available 5.3 litre smallblock V8 turned out 300 ponies.

What owners like

Capability, styling and toughness are some of the most-loved attributes of the H3. A smooth and comfortable ride, small turning circle and easy maneuverability can be expected, too.

What owners dislike

Gripes centre around a cramped rear seat, a small cargo hold and limited at-hand storage up front. Many owners also wish their H3s had more intuitive control placement, too.

Verdict

The H3 should prove a worthy ride for a shopper concerned mainly with style and capability. Those after fuel efficiency, modesty and sensibility are best advised to look elsewhere.

CLASS ACTION AGAINST VOLKSWAGEN

NOTICE OF APPROVAL OF THE SETTLEMENT AGREEMENT

IF YOU PURCHASED OR LEASED A 2006 VOLKSWAGEN JETTA YOU COULD BE COMPENSATED BY THE AGREEMENT

MODEL COVERED
2006 Volkswagen Jetta vehicles with serial numbers between 1K_5M000001 and 1K_6M759703.

THE PROBLEM
The approved agreement pertains to problems resulting from the premature wear and severing of left front driver door wiring harness which causes intermittent or permanent problems related to the use of accessories and / or use of power from the electrical system of the vehicles covered (the "Problem Covered").

THE COMPENSATION
Persons who repaired, replaced or purchased the wiring harness for the left front driver door may obtain **a reimbursement of $320.00** less, in some cases, a credit granted or previously reimbursed by Volkswagen or one of its authorized dealers relating to the Problem Covered and, in all cases, court approved deductions for legal fees and statutory withholdings.

THE EXTENDED WARRANTY
Moreover, the **warranty** on this part is **extended to 8.5 years (102 months) or 165,000 km** from the in-service date, whichever comes first. An amount of $60.00 plus applicable taxes must be paid by the members to take advantage of the repairs under the extended warranty.

If you repaired, replaced or purchased the wiring harness for the left front driver door and want to claim a reimbursement, you must, **by March 29, 2013 at the latest, submit a Claim Form**, which is available online or from the Claims Administrator:

BRUNEAU GROUP INC.
Volkswagen 2006 Jetta Claims
P.O. Box 20187 - 390 Rideau Street
Ottawa, ON K1N 9P4

Tel: 1-866-288-3683
Fax: 1-613-562-0321
Email: info@vwclaim.ca
Website: www.wwclaim.ca

You can also obtain the Claim Form and information relating to this Agreement at:
www.sfpavocats.ca/volkswagen

YOU DO NOT WISH TO BENEFIT FROM THE AGREEMENT?
You may exclude yourself ("opt-out") by providing, **by January 13, 2013 at the latest**, the Opt-Out Form available online or from the Claims Administrator at the address above.

THE ATTORNEYS FOR THE CLASS ACTION:
SYLVESTRE FAFARD PAINCHAUD
740, Atwater
Montreal (Quebec) H4C 2G9
Tel: (514) 937-2881 #230
Fax: (514) 937-6529
Email: lo.fontaine@sfpavocats.ca
Website: www.sfpavocats.ca/volkswagen

DO YOU WISH TO CLAIM COMPENSATION?

Visit **www.vwclaim.ca** for information about this settlement and how to claim.

Drop the cough.

HALLS

For the temporary relief of cough. Always read and follow the label.

We'll all feel better.

Horoscopes

Aries
March 21 - April 20
From today on, a relationship issue won't seem so important. Most likely, you have reached the point where someone's negative behaviour no longer annoys you the way it once did. You have more important things to worry about.

Taurus
April 21 - May 21
Mercury's move back into your opposite sign means you won't be able to go your own way or do your own thing for a while. Whatever restrictions are placed on you, just accept them. They're only temporary.

Gemini
May 22 - June 21
Recent events have taken a lot out of you, both physically and mentally, so you really do need to slow down for a while. Put your wellbeing first today, and for the rest of the week. Work can wait.

Cancer
June 22 - July 23
It's time to get serious about your creative endeavours. Most importantly, you need to have a clear picture in your mind of what it is you are aiming to accomplish. And yes, that's "aiming", not just "hoping".

Leo
July 24 - Aug. 23
Your domestic situation is in a period of flux and what happens today will make it obvious that if you don't make changes, other people will. You don't have to act immediately, but you do have to get serious about it.

Virgo
Aug. 24 - Sept. 23
The planets will find ways to tell you that you are taking too much for granted and need to look again at the way you think about, and interact with, the world outside your door. Open your mind to new possibilities.

Libra
Sept. 24 - Oct. 23
You will get another chance to resolve a financial issue that has been casting a shadow over your life in recent weeks. And, this time, you must take it. You already know what needs to be done, so do it.

Scorpio
Oct. 24 - Nov. 22
Mind planet Mercury, which is in one of its retrograde phases, moves back into your sign today. So, most likely, you will have to reconsider an issue you thought had been resolved. Looks like other people don't agree with you.

Sagittarius
Nov. 23 - Dec. 21
How can you change your life for the better? What things can you improve on today so your tomorrows will be more enjoyable? Give it some thought and then get busy. Any day can be a new beginning.

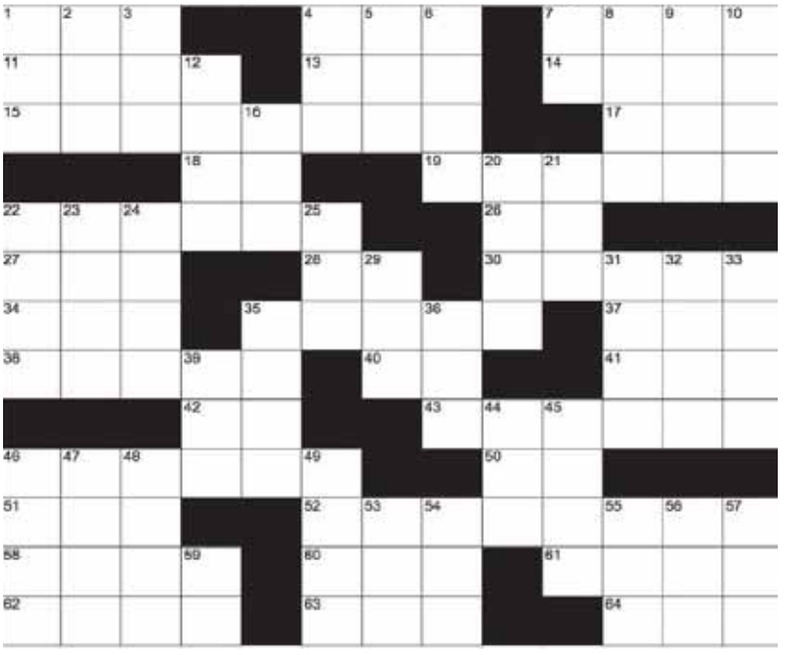
Capricorn
Dec. 22 - Jan. 20
The planets are again trying to tell you that you will only make progress if you find ways to bring others into your plans. Are you the sort of person who knows how to share? If not, maybe it's time to learn.

Aquarius
Jan. 21 - Feb. 19
This is a good time for matters related to your career but you will need to be on your guard. Don't let a rival steal the glory that should have been yours. Use your elbows and barge your way to the front.

Pisces
Feb. 20 - March 20
You may want to be on the move but that may not be possible today. Most likely, you will have to stay where you are and take care of a situation that no one else is qualified to handle. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



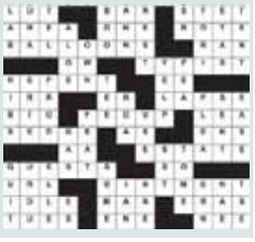
Across

1. Corner —
4. Note paper
7. Trendy New York area
11. Operatic solo
13. "Hold on Tight" gr.
14. Dog and cat menace
15. University or college hearings
17. Carol Burnett tugged on this
18. Dr. Camille Saroyan on Bones (init.)
19. Mistakes
22. Fired (sl.)
26. Ready – Not
27. Mineral
28. Used in the summertime (abbr.)
30. Broadcasted
34. Plural suffix
35. Fireplace coal
37. Actress Gardner
38. Filthy weather
40. St. bordering New York
41. Actor Beatty
42. For example (abbr.)
43. Heads the meeting
46. Stress
50. Little House – the Prairie
51. Quick – – bunny (2 words)
52. Image
58. Allows
60. Boxing great
61. New York canal
62. Star of I Dream of Jeannie
63. Mad —
64. Part of i.e.

Down

1. Guys partner
2. — we there yet?
3. Command for Fido
4. Apiece (abbr.)
5. Lager
6. Rx directive
7. California city (abbr.)
8. Butter substitute
9. Listen
10. Rowboat needs
12. Letter starter
16. Southern Indian tribe
20. Lion's yell
21. Country abbr.
22. Video game slot
23. Math calculation
24. Robert Stack in The Untouchables
25. Water barrier
29. Canadian Broadcasting Corporation (abbr.)
31. Hindi queen
32. For always
33. My Two —
35. Ogles
36. And so on.... (abbr.)
39. Even score
44. Gardening implement
45. Green Gables girl
46. Mrs. Roy Rogers
47. Utilized
48. Merit
49. Shut the door forcefully
53. Island (Fr.)
54. Relative
55. Before (poet.)
56. Family member (abbr.)
57. Lay down
59. "Jurassic Park" actor (init.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			3	4	6			
	2			5			6	
	6	7				4	1	
		5				9		
8		9		6		7		1
		6				2		
	4	8				3	2	
	9			1			8	
			7	3	8			

Yesterday's Sudoku

7	9	2	6	4	5	3	1	8
6	1	4	3	8	2	9	7	5
5	8	3	7	1	9	6	2	4
1	6	5	2	7	8	4	9	3
3	7	8	4	9	1	2	5	6
4	2	9	5	6	3	7	8	1
8	4	7	1	2	6	5	3	9
2	3	1	9	5	4	8	6	7
9	5	6	8	3	7	1	4	2

Today 9°/4° Partly cloudy
Thursday 9°/4° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2012

FLIGHT CENTRE® Unbeatable
Florida Air + 20 Nights
$1469
Sirata Beach Resort
INCLUDES roundtrip Tampa airfare and accom on the beach.
Departs Feb 6/ggv/ua.
1 866 720 4853 | flightcentre.ca
Conditions apply. Ex: Ottawa. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person, ggv=gogo vacations, ua=united. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. tico.ca

Share your HALLS. Not your cough.
For the temporary relief of cough. Always read and follow the label.
HALLS We'll all feel better.

FIRST TIME EVER!

HYUNDAI | NEW THINKING. NEW POSSIBILITIES.™

EMPLOYEE FRIENDS & FAMILY PRICING

0% FINANCING + UP TO **$8,500** IN PRICE ADJUSTMENTS‡ ON SELECTED MODELS

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM

Limited model shown

2013 ELANTRA

GET UP TO **$1,750** IN PRICE ADJUSTMENTS‡ WITH **0%** FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE **$15,694**♦

ELANTRA L 6-SPEED MANUAL.
DELIVERY & DESTINATION INCLUDED.

2012 CANADIAN & NORTH AMERICAN CAR OF THE YEAR

HWY: 5.3L/100 KM
CITY: 7.8L/100 KM

SE with Tech. shown

2013 ELANTRA GT

GET UP TO **$1,675** IN PRICE ADJUSTMENTS‡ WITH **0%** FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE **$18,969**♦

ELANTRA GT GL 6-SPEED MANUAL.
DELIVERY & DESTINATION INCLUDED.

2013 AJAC BEST NEW SMALL CAR (OVER $21K)

HWY: 5.6L/100 KM
CITY: 8.7L/100 KM

Limited model shown

2013 SONATA

GET UP TO **$3,250** IN PRICE ADJUSTMENTS‡ WITH **0%** FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE **$22,314**♦

SONATA GL AUTO.
DELIVERY & DESTINATION INCLUDED.

★★★★★
AWARDED THE HIGHEST GOVERNMENT CRASH SAFETY RATING*
U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

HWY: 6.7L/100 KM
CITY: 10.1L/100 KM

Limited model shown

2013 SANTA FE

GET UP TO **$1,150** IN PRICE ADJUSTMENTS‡ WITH **0%** FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE **$27,109**♦

SANTA FE 2.4L FWD AUTO.
DELIVERY & DESTINATION INCLUDED.

2013 AJAC BEST NEW SUV (OVER $35K)

5 YEAR WARRANTY 100,000 KM COMPREHENSIVE LIMITED WARRANTY††

- 5-year/100,000 km Comprehensive Limited Warranty
- 5-year/100,000 km Powertrain Warranty
- 5-year/100,000 km Emission Warranty

HYUNDAI | NEW THINKING. NEW POSSIBILITIES.™
HyundaiCanada.com

™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Elantra L 6-Speed Manual/Elantra GT GL 6-Speed Manual/Sonata GL Auto/Santa Fe 2.4L FWD Auto with an annual finance rate of 0%/0%/0%/0% for 24/24/24/24 months. Bi-weekly payment is $302/$365/$430/$522. No down payment required. Cost of Borrowing is $0/$0/$0/$0. Finance offers include Delivery and Destination of $1,495/$1,495/$1,565/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, PD.E., dealer admin fees and a full tank of gas. Financing example: 2013 Sonata GL Auto for $22,314 at 0% per annum equals $430 bi-weekly for 24 months for a total obligation of $22,314. Cash price is $22,314. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,565. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, PD.E., dealer admin fees and a full tank of gas. ▼Fuel consumption for 2013 Elantra Sedan L 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM)/2013 Elantra GT GL 6-Speed Manual (HWY 5.3L/100KM; City 7.8L/100KM)/2013 Sonata GL Auto (HWY 5.6L/100KM; City 8.7L/100KM)/2013 Santa Fe 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †♦Friends & Family prices for models shown: 2013 Elantra Limited/Elantra GT SE Tech 6-Speed Auto/Sonata Limited/Santa Fe 2.0T Limited AWD is $22,944/$26,214/$27,339/$39,009. Prices include Delivery and Destination charges of $1,495/$1,495/$1,565/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, PD.E., dealer admin fees and a full tank of gas. ♦Friends & Family Selling Prices are calculated against the selling price less all factory to dealer price adjustments (including Friends & Family price adjustments). Friends & Family Selling Prices include Delivery and Destination. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, PD.E., dealer admin fees and a full tank of gas. ‡Factory to dealer price adjustments (including Friends & Family price adjustments) are calculated against the vehicle's starting price. Factory to Dealer Price adjustments of $1,750/$1,675/$3,250/$1,150 available on 2013 Elantra L 6-Speed Manual/Elantra GT GL 6-Speed Manual/Sonata GL Auto/Santa Fe 2.4L FWD Auto includes Friends & Family price adjustments. Factory to dealer price adjustments are applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †♦‡Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Jim Pattison Hyundai Northshore
855 Automall Dr.
North Vancouver, 604-985-0055
D#6700

Murray Hyundai White Rock
3150 King George Highway
Surrey, 604-538-7022
D#30780

OpenRoad Hyundai
13171 Smallwood Place
Richmond, 604-606-9033
D#28516

Maple Ridge Hyundai
23213 Lougheed Highway
Maple Ridge, 604-467-3401
D#7356

Jim Pattison Hyundai Port Coquitlam
Unit B - 2385 Ottawa St.
Port Coquitlam, 604-552-1700
D#30242

Abbotsford Hyundai
30250 Automall Dr.
Abbotsford, 604-857-2622
D#9390

Langley Hyundai
19459 Langley Bypass
Surrey, 604-539-8549
D#30331

Mertin Hyundai
45753 Yale Rd.
Chilliwack, 604-702-1000
D#30337

Jim Pattison Hyundai Surrey
15365 Guildford Drive
North Surrey, 604-582-8118
D#10977

Destination Hyundai
445 Kingsway
Vancouver, 604-292-8188
D#31042